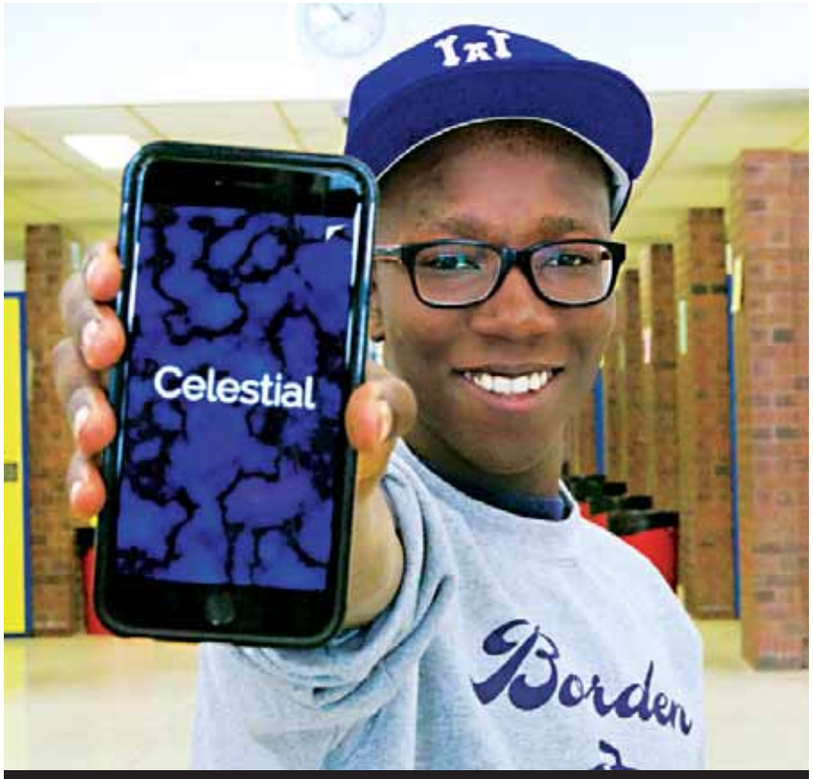
OTTAWA metro®

Isn't she iconic?

You oughta know Alanis Morissette's about to join the Canadian Music Hall of Fame. PAGE 5



YOU'RE GETTING SLEEPY...

Ottawa high school student Abdou Sarr, 17, shows off his sleep and relaxation app that is now No. 12 overall on the paid iTunes app chart and number three on the health chart. Sarr started developing the app when he was 14. More coverage, page 4. JONATHAN SHUBAT/FOR METRO

City staff had conflict of interest, report says

$600K. Auditor general says an OC Transpo contract with a non-profit organization could have cost less if a competitive bidding process was used

Ottawa's auditor general found a city employee had a conflict of interest in negotiating a sole-source contract agreement with OC Transpo and that the city failed to "appropriately manage" that conflict after the matter had been flagged.

The contract cost taxpayers $600,000, according to auditor general Ken Hughes.

In his annual report released Thursday, Hughes examined the conflict and concluded that "the city ensure that disclosures of conflicts of interest are declared to management as soon as they become known [to ensure] appropriate action is taken."

From 2001 to 2014, OC Transpo maintained a sole-sourced contract with Heartwood House to operate its lost-and-found services. Hughes said the service could have cost less than the $600,000 the city paid if it were contracted through a competitive bidding process.

Heartwood House, a non-profit organization, provides affordable spaces for charities.

The city initially rationalized outsourcing lost-and-found services to Heartwood House as a cost-saving measure, which Hughes found it was.

But Hughes also found that one of the city employees "directly or indirectly" involved in negotiating the contract with Heartwood House had an "actual or potential conflict" of a "personal or familial nature" with the non-profit organization.

The employee had advocated for Heartwood House to get the contract and on its behalf when it requested a $19,000 raise.

In his report, Hughes finds "three instances where this actual or potential conflict was not appropriately managed" including one email from the unnamed city employee, indicating concern for Heartwood House's ability to generate revenue.

"(The) Employee was concerned about the organization's revenue needs," he wrote. "The employee should have been acting in the city's interest only."

While city management agreed to accept all of Hughes' 39 recommendations, including more efficient communications of potential conflicts of interest between employees and management, it also found the matter "has been appropriately managed in accordance with the employee code of conduct." METRO

Details

In his report, auditor general finds "three instances where this actual or potential conflict was not appropriately managed" including one email from the unnamed city employee, indicating concern for Heartwood House's ability to generate revenue.

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load,a/c,mags, 71,471km

$32 weekly $6,350

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a/c, 90,081km

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load,a/c, 74,419km

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std, 105,000km

$40 weekly $7,900

2009 Elantra St#35303
load,a/c, 76,685km

$50 weekly $9,980

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Whistleblowing

Staff wary of city snitch line: Report

The city could be doing more to ensure municipal employees don't fear reprisals for reporting the bad behaviour of colleagues, the auditor general said Thursday.

In his annual report, Ottawa's auditor general Ken Hughes found that overall, "the ethical climate at the city is quite strong" but that "there are some unfavourable perceptions about senior management's behaviour, some fear that staff would not be protected from reprisal after reporting an incident."

In 2005, the city launched its "fraud and waste hotline" as a way of allowing city employees to anonymously report non-compliance with rules or any other concerns.

An annual survey of city employees found 10 per cent of respondents believed reporting an incident would lead to negative consequences. METRO

Crime

Man faces child porn charges

An Orléans man is facing child pornography charges after Facebook alerted police to his account.

Police obtained a search warrant on Wednesday for a home in the 2000 block of Belcourt Boulevard and seized several computers and external digital devices.

Michael Hughes, 35, is charged with two counts of possession of child pornography and one count each of distribution of child pornography and accessing child pornography.

LUCY SCHOLEY/METRO

Roland Stieda speaks to reporters outside the Ottawa courthouse following the sentencing hearing of Robert Campbell. Stieda is among the 46 victims of Campbell's extensive cyberbullying campaign. JOE LOFARO/METRO

Cyberbullying victims are still living in fear

Court. Crown seeking eight-year sentence for Robert Campbell, who, using anonymity technology, terrorized people for years

His victims span three countries, with 18 in Ottawa, and the harassment lasted more than a decade. In some cases he created fake LinkedIn profiles of victims, while in other cases he created phoney email addresses to spread lies about people having substance abuse issues and certain sexual fetishes.

During Robert Campbell's sentencing hearing Thursday, one man told the court in a victim impact statement he is rattled not just by Campbell's attacks, but by his comments to the media in which he attempted to "minimize" his crimes and deflect the blame onto the victims.

"I still feel threatened. This does not give me peace of mind that the matter is resolved," said the man, who cannot be identified due to a publication ban.

"It makes me feel unsafe, still a target and exposed for a future attack."

The fear has him considering moving his family out of town before Campbell's sentence is completed.

Campbell's campaign was sophisticated and relied heavily on anonymity technology known as Tor, which masks the origin of online communications.

A female victim told the court the harassment has made her "extremely cautious" even after his arrest.

"I have severe trust issues and I still see the potential threat everywhere, even after knowing that it is over," she said.

Crown prosecutor Marie Dufort said she will seek an eight-year sentence. Campbell's lawyer will make her submissions Friday regarding an appropriate sentence.

Another victim, Roland Stieda, told Metro he wants to see Campbell go to jail and seek whatever help he needs.

Stieda had his name removed from the publication ban last year in a bid to clear his name during a run in the municipal election. He collapsed in the weeks after police charged Campbell. Diagnosed with hypertension, Stieda eventually dropped out of the election.

"I cannot make a direct link to Mr. Campbell's actions and my hypertension," he said. "But I can definitively say that it did not help."

The sentencing hearing continues Friday.

JOE LOFARO/METRO

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Relaxation app runs up the iTunes chart

Technology. Appcreated by Ottawa teen, who is considering studying computer science when he graduates from high school

NICHOLAS HODGE
ottawa@metronews.ca

Abdou Sarr, who turned 17 just last month, may soon become the richest teenager in Ottawa.

The Ottawa high school student's modern take on relaxation tapes has quickly become one of the bestselling mobile apps on iTunes.

Celestial, the app designed by Sarr, shows panoramic views of calming settings such as beaches with matching sounds.

Users can select different modes to help them sleep, relax or focus.

Launched last Sunday, Celestial has already become one of the top 10 paid apps on the iTunes charts and reached number one on the health chart.

Each Celestial download costs $1.19; Apple pockets 30 cents of that but Sarr gets to keep the rest for himself. He has yet to see the financial payoff but considering the rising popularity of his app, it could be pretty significant. While some 17-year-olds might buy a car or throw a wild graduation party with a windfall, Sarr is thinking about the long term.

"I might invest what I make into some new apps," said Sarr who expresses interest in tech that measures personal fitness like Fitbit or Apple Health. "Things that mix what's happening in the real world with technology."

The idea for Celestial came to Sarr when he noticed his classmates were having trouble concentrating in school due to stress.

"My friends have all given it good reviews," said Sarr. "People have said it helps them sleep instantly."

Sarr started developing the app when he was 14. He would have started when he was 13 but he didn't own a Mac yet.

"I taught myself how to do it, it was all trial and error," he said. "I've learned so much. Not just about software design but also about how marketing works."

Sarr is considering studying computer science once he graduates from Sir Robert Borden High School in 2016.

On the web

For more local news, go to metronews.ca

Abdou Sarr's relaxation and sleep app is in the top 10 paid apps on the iTunes charts, and rit eached No. 1 on the health chart. JONATHAN SHUBAT/FOR METRO

Crime

Man faces assault charges following disturbance

Ottawa police have laid assault charges against a city man, stemming from a disturbance Wednesday morning in the south end.

Police responded to Hawthorne Road just after 11 a.m. for a report of two men, known to each other, who got into a dispute.

A 38-year-old man suffered serious injuries and paramedics sent him to hospital to be treated, according to police.

Police executed a search warrant Thursday at a home in the city's south end and charged Gabriele Mazzorata, 34, with one count each of aggravated assault, assault with a weapon, possession of a dangerous weapon, and breach of probation.

He was scheduled to appear in court Thursday.

JOE LOFARO/METRO

OC Transpo

March Break
March 16 to 20

A reduced weekday schedule will operate during March Break, due to the lower demand for service when many people are on holidays and schools are closed.

Bus arrival times will be adjusted slightly on most routes compared to the usual weekday schedule. During rush hours, most routes will have one or two fewer trips. All school routes numbered in the **600s** and special school trips on regular routes will **not** operate. The O-Train schedule and service to post-secondary institutions will be unchanged.

March Break schedules are available at **octranspo.com**. Find out when your bus will arrive by calling **613-560-1000** or **texting 560560** *plus* your 4-digit bus stop number.

INFO 613-741-4390 octranspo.com

Armed officers sought to guard War Memorial

The Department of National Defence (DND) is in talks to have armed city police officers protect the ceremonial guards at the National War Memorial, Ottawa police confirmed.

The proposal comes nearly five months after the deadly shooting of Cpl. Nathan Cirillo, a reservist who was guarding the Tomb of the Unknown Soldier on Oct. 22, 2014. Gunman Michael Zehaf Bibeau shot Cirillo twice from behind and then stormed the inside of Parliament Hill, where he died in a hail of gunfire.

"The world changed that day, at least in the nation's capital. It's not the same environment anymore," said Supt. Scott Nystedt, head of Ottawa police emergency operations."

Nystedt wouldn't say whether DND is considering this as a permanent procedure beyond 2015, but said Ottawa police would be "proud and honoured" to provide the service to the Canadian military.

"The police think of them as our sisters and brothers," he said.

Ret. Col. Bill Moore salutes ceremonial guards at the National War Memorial on Oct. 26, 2014, four days after Cpl. Nathan Cirillo was fatally shot while guarding the monument. JOE LOFARO/METRO

DND spokeswoman Dominique Tessier told Metro it is too early to provide estimates on how much it would cost to have armed police officers at the memorial.

"The Canadian Armed Forces (CAF) are committed to ensuring appropriate security for the National Sentry Program. We remain undeterred in paying tribute to this nation's fallen and continue, resolutely, to show dignity and respect for this important national site," wrote Tessier in a prepared statement.

"The CAF are currently investigating options for on-site security for the National Sentry Program in 2015 and the Ottawa Police Service is amongst those options."

A week after the shooting, DND spokesman Lieutenant Kirk Sullivan told Global News arming soldiers at the memorial "is not an option" because they are there for ceremonial purposes only.

The National Sentry Program starts April 9 and runs until Remembrance Day, with soldiers mounted there from 9 a.m. to 5 p.m. Sentries can also be mounted there to commemorate other significant military anniversaries from November to April.

JOE LOFARO/METRO

RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS/THE CANADIAN PRESS

ALANIS MORISSETTE

Twenty years after Jagged Little Pill and days before her big Junos weekend, the singer reflects on her career

'COMING INTO THE ARMS OF CANADA'

Alanis Morissette made her Junos debut back in 1992, wearing buoyant ringlets, a bejewelled off-the-shoulder dress and the dumbstruck expression of a 17-year-old girl leaping blindly into the glare of the spotlight.

She was dressed in the disguise of a dance-pop featherweight, which ultimately didn't fit.

But at least the dress did.

The award she was given that night — most promising female vocalist — turned out to be prescient. Twenty-three years later, Morissette is being ushered into the Canadian Music Hall of Fame after a distinguished — and ongoing! — career that has spanned more than 60 million albums sold, seven Grammys, 12 Junos and karaoke ubiquity.

Days before Morissette was to receive the honour and perform at this weekend's Juno Awards, the 40-year-old chatted with The Canadian Press from her home in Brentwood, Calif.

CP: What does this honour mean to you?
Morissette: Mostly it's just me coming into the arms of Canada. I'm Canadian to the bone. To be honoured by Canadians is precious to me.

When you won that first Juno, did you feel ready for the related expectations?
I was ready to dive into the unknown and the scary and the high-stimulating. I didn't have a high amount of self-knowledge at the time so I wasn't aware of how much consideration had to be taken in order to keep my well-being intact.

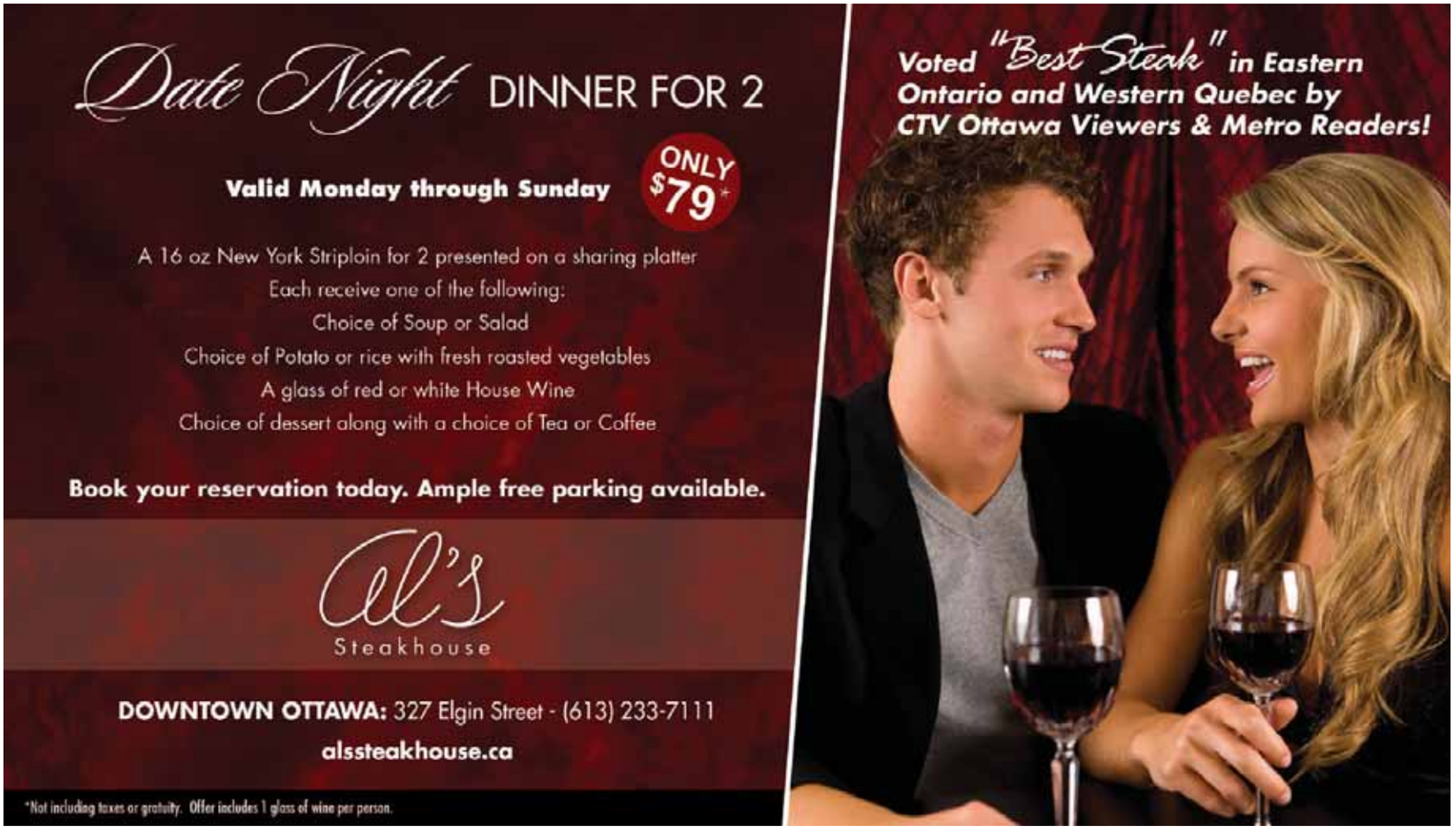
So I crashed and burned a few times along the way. But I'm still alive, which is a miracle.

It's the 20th anniversary of Jagged Little Pill and you're adapting it into a musical. What sort of emotions does that album evoke for you?
There's a continuity there that has remained true for two decades straight, which is just social commentary, eating disorder commentary, embracing emotions, flying in the face of what's expected. So many of these themes ... seem timeless in a way, which is lovely.

It's not the kind of record that I would discourage a 15-year-old to listen to. It's quite the opposite.

Not all Hall of Fame inductees choose to perform. How do you think you'll feel up there?
To be honest, any excuse to be around my bandmates — I just love them so much. I have a four-year-old now (son Ever), so we're not touring at the breakneck speed we used to. This'll be really fun for us.

Answers have been edited and condensed.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Feds: Ottawa to get 'fair share' for LRT Phase 2

Transit. City asking each level of government to pitch in $975M for western link Bayshore, east to Orléans and south to Barrhaven

LUCY SCHOLEY
lucy.scholey@metronews.ca

Pierre Poilievre, Minister of State for Democratic Reform, stands in the House of Commons during Question Period on Parliament Hill, in Ottawa in March 2014. FRED CHARTRAND/THE CANADIAN PRESS

The new minister responsible for the National Capital Commission said Ottawa will "without hesitation," get its "fair share" of federal infrastructure funding for the second phase of the light rail transit project.

Pierre Poilievre would not confirm whether that "fair share" means Ottawa will see a federal envelope full of the $975 million the city is asking for the LRT's western link.

"I'm obviously not going to make a funding announcement for a project that hasn't even seen an application," he said.

Ottawa Mayor Jim Watson has previously said the city is working on an application for funding. The city is asking each level of government to pitch in $975 million for the western link to Bayshore, east to Orléans and south to Barrhaven.

Taxpayers will not have to worry about tax increases over the LRT — at least from the federal front, said Poilievre.

"All projects would have to be considered within the confines of the budget and without any federal tax increase," he said.

After 100 days of negotiations over the controversial western LRT link, the city and the NCC agreed, in principle, to a completely buried tunnel along the Sir John A. Macdonald Parkway.

Poilievre said the NCC showed "tremendous flexibility" during the negotiations and it's now up to the city to hash out the route's finer details.

Construction for the second phase of the LRT is due to begin in 2018, after the Confederation Line is complete.

If all goes to plan, the second stage should finish up in 2023.

Another federal building is not an appealing alternative to the National Memorial to Victims of Communism, according to Poilievre.

Despite a petition of more than 1,200 signatures, plus national architectural groups decrying the location of the planned memorial, Poilievre said it's "entirely appropriate" to use the site to commemorate the victims of that "evil ideology."

"Canadian soldiers died in the Korean war to fight communism," he said. "Communism was probably (one of) the ugliest and most murderous ideologies in the world."

Private charity Tribute to Liberty is dedicating the memorial to 100 million people they say were victims of communist regimes.

Critics say the 5,000 square metres of land should be used for a Federal Court building to complete the previously planned "Judicial Triad."

"And as for the location, listen, I think that the alternative is yet another government building ... I don't have any of my constituents calling my office and saying that we need to put another government building on that particular spot," Poilievre said.

Quoted

"All projects would have to be considered within the confines of the budget and without any federal tax increase." Pierre Poilievre, Minister of State for Democratic Reform

Cancer survivors donate $25K to research

Survivors of prostate cancer donated $25,000 to The Ottawa Hospital to support the hospital's work in researching and combating the disease.

To mark its 25 years as an organization, the Prostate Cancer Canada Network Ottawa (PCCNO) pooled together contributions from its 400 members for the donation. The money will be given to Dr. Shawn Malone, a leading researcher at the hospital to develop clinical trials tailored to each patient.

"As a prostate cancer survivor myself, I benefit very much from the new technologies," said Larry Peckford, chairman of the PCCNO.

Peckford was treated with the da Vinci Robotic Surgical System, machinery that allows doctors to operate on prostate cancer patients with minimal invasion. More than 1,000 people have been treated with the machine since The Ottawa Hospital started using it five years ago.

"Its important work being done here in Ottawa," said Peckford. NICHOLAS HODGE/METRO

Prostate cancer treatment

The PCCNO specifically chose to donate to The Ottawa Hospital because of their excellent work when it comes to the treatment of prostate cancer.

march 14-20

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The Joint pays homage to rock music, greasy cuisine with 'drunk food' menu

'Fine dining.' The rock, junk food hangout on Preston Street is open for lunch and often until late

Preston Street has long been home to some of the most elegant dining experiences our city has to offer. And now, it's also home to poutine moshed into a burrito.

The Joint on Preston stands as a tribute to the spirit of rock 'n' roll and greasy food. Its menu features such dishes as a grilled cheese sandwich with macaroni and cheese in the middle called the Cheesus Crust Allmighty, and the PBJ, which stands for processed cheese, bologna and bacon jam. Nothing in the restaurant costs more than $8.

"We're obviously trying to attract the fine-dining crowd," joked the restaurant's owner Scott May. "All these Italian restaurants better watch out."

As I sat down to bite into my Cheesus Crust and Meat is Murder falafel (as a vegetarian I avoided the bacon jam), I asked May how many calories were in my sandwich.

"I have no idea how many calories are in it," said May. "And who cares anyway?"

The food, though remarkably unhealthy, is delicious. While the food combinations may seem bizarre, it is easy to tell once you've tried it that a great deal of thought was put into the menu. According to May, the question most often asked during the foods' creation was "Wouldn't it be cool if?"

The Joint is open for lunch hours during the week and Saturday, and also from 8 p.m. to 2 a.m. on Friday. Once the restaurant is established the staff hope they can expand their hours to include more late nights.

Summer Illingworth of Ottawa's new junk food café The Joint shows off the Britney Pickle Spears and the Cheesus Crust sandwich. NICHOLAS HODGE/FOR METRO

"Let's call a spade a spade: it is good drunk food," said May.

The restaurant is decorated with a punk-rock esthetic. Pictures mimicking the Sex Pistols' album art hang throughout the dining area. Local musicians are encouraged to bring in their albums to play on the stereo and the staff have considered offering discounts to customers wearing band T-shirts.

In the hallway, past the old-school pinball machine, stands the graffiti wall, where visitors are encouraged to write or draw whatever they feel like. Every bit of The Joint contradicts the conventional idea of what Preston Street is supposed to be — a community that takes itself seriously.

A quote by Axl Rose is displayed above the kitchen window: "Life sucks … but in a beautiful kind of way."

After noticing that quote I examined the three Britney "Pickle" Spears sitting on my paper tray.

When these deep-fried pickles are dipped into The Joint's in-house cheesy jalapeno sauce what you get may not be described as good food, but it sure is beautiful.

NICHOLAS HODGE/FOR METRO

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Beloved author to be honoured

Montreal. Mordecai Richler was best known for such novels as The Apprenticeship of Duddy Kravitz

Mordecai Richler SCOTT MACDONALD/THE CANADIAN PRESS

Montreal mayor Denis Coderre will unveil a tribute to one of Canada's most celebrated authors today at city hall.

Mordecai Richler was born in the city in 1931 and died at the age of 70 in 2001.

He was best known for such novels such as The Apprenticeship of Duddy Kravitz and Barney's Version, both of which were set in Montreal and made into feature films.

In 2011, the city announced plans to revamp a bandstand built in the 1920s on the eastern flank of Mount Royal and rename it the Mordecai Richler Gazebo.

However, work on the gazebo was delayed several times and it is unclear if today's announcement will centre on that structure.

In January, the delays prompted Richler's widow, Florence, to say she doubted the city would ever honour her late husband.

Richler left Montreal in the 1950s for Europe but returned 20 years later and his city of birth often figured as settings for his writing.

THE CANADIAN PRESS

JUNO what's happening this weekend?

Sam Roberts stops to sign an autograph for a fan before heading inside for practice for the JUNO Cup celebrity hockey game at the Dave Andreychuk Mountain Arena in Hamilton, Ont., on Thursday. PETER POWER/THE CANADIAN PRESS

Media

BuzzFeed to open office in Toronto

Another major U.S. media company is planning to set up shop in Canada.

BuzzFeed, the popular website specializing in offbeat lists and quizzes, announced Thursday it would be opening an office in Toronto and establishing a Canadian editorial team this spring.

The company was tight-lipped about its plans and declined to offer comment on the exact timing of the expansion or the number of jobs that would be created.

Vice, the Huffington Post and AOL have all established websites featuring content more geared toward Canadian audiences.

THE CANADIAN PRESS

Medicine Hat, Alta.

Mayor gets one-year driving ban

The mayor of a city in southeastern Alberta has been banned from driving for one year after pleading guilty to impaired driving.

Ted Clugston entered his plea today in Medicine Hat provincial court.

THE CANADIAN PRESS

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Harper playing with fire: Critics

Quebec. Tensions brewing between Conservatives and Muslim community

Whether it is to realign Canadian values in an age of terror, or simply to win votes, critics warn that Prime Minister Stephen Harper could be taking the country along a turbulent course with his broadside against the niqab and stricter strains of the Muslim faith.

Look far enough along that path and you will see the province of Quebec, whose struggle with the faith has been going on for years and is nowhere near finished.

In Herouxville, Que., a cheeky town council decided in 2007 to outlaw face coverings in public (except for Halloween, of course). That led to a multi-million-dollar commission on religious accommodation. A political proposal to ban the wearing of religious symbols failed to pass into law, but not before reports came in of mounting aggression and abuse against veiled women. Now, Muslim communities across Quebec are reporting that there is suddenly no room and no appetite when they are seeking permission to open places of worship.

"It's as if it's OK today to be a Muslim in our society as long as we're invisible," said Haroun Bouazzi, co-president of the Quebec Association of Muslims and Arabs for a Secular Society.

The Harper government's decision to appeal a court ruling allowing a Muslim woman to wear a niqab (an Islamic face covering with openings only for a woman's eyes) while taking the oath of citizenship, was one federal step in the province's path. But the prime minister's assertion that the niqab is the product of a culture that is "anti-women," seems like an administration doubling down in preparation for an election.

It's been tried before by the Parti Québécois government. The PQ found spirited support for a legally dubious ban on the wearing of religious symbols by judges, bureaucrats, university professors and even daycare employees, only to have their gains undermined in last year's provincial election by a jumbled stance on how to achieve Quebec's independence.

"It's true, the niqab is anti-woman. We have to say it clearly and stop beating around the bush out of fear of upsetting people," Bernard Drainville, the architect of the PQ Values Charter who is now running for the party's leadership, told Radio-Canada Thursday.

Nariman Eldoraini gives a thumbs up as she checks her hijab in a mirror during a gathering in Montreal on Sunday, January 12, 2014, to oppose the proposed Quebec Values Charter. GRAHAM HUGHES/THE CANADIAN PRESS

Drainville made pains to note that he was aligned with his party's federal cousins, the Bloc Québécois, rather than with the Conservatives.

But so strident was he in his denunciation of Harper's main political threats, NDP leader Thomas Mulcair and Liberal leader Justin Trudeau, that it was the effect rather than the intention that mattered most.

Clues come from a September 2013 study of the values charter by the polling firm CROP. It found strongest support for the PQ values charter among the old stock francophone Quebecers who live in the rural regions, cling to their Catholic heritage and overwhelmingly believe that immigrants are washing over their land and their way of life.

In other words, it was red meat for the more conservative elements of Quebec society — just the types Harper's Tories already represent in the five provincial ridings they currently hold and that they will be targeting in the general election to be called later this year. TORSTAR NEWS SERVICE

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Jen Karren with husband Trevor Karren. FACEBOOK.COM

Calgary woman dies when whale slams boat in Mexico

Cabo San Lucas. Jen Karren killed after a grey whale caused boat captain to make a 'sudden manoeuvre'

MORGAN MODJESKI
Metro in Calgary

A Calgary woman killed Wednesday off the coast of Cabo San Lucas in Mexico after a grey whale crashed into a tourist boat has been identified as Jen Karren.

Cabo Adventure, the company behind the Snorkel & Sea Adventure tour that Karren was on, said the 35-year-old woman was killed after a whale broke the water's surface, causing the boat's captain to make a "sudden manoeuvre" on Wednesday morning.

An official with the One World Hospital by Saint Luke's in Cabo San Lucas confirmed the identity of the woman to Metro on Thursday afternoon.

According to her Facebook page, Karren was an employee in the mailroom of Worley Parsons Ltd., an international construction consulting firm working in the energy and resource sector.

A statement from Cabo Adventures explained the boat was travelling from Santa Maria, and the incident occurred around the Hotel Fiesta Americana.

"The whale hit the boat on one side, which caused two passengers to be hurt and, unfortunately the death of one passenger," said Felipe Diez-Canedo, general director of Cabo Adventures.

It's believed the force of the impact with the whale sent Karren into the water. A guide on the ship and another passenger jumped in to rescue her. Another passenger, a nurse, performed CPR aboard the ship.

"On arrival to the marina, the paramedics took the passenger to a private hospital in where, unfortunately, (she) passed away," Diez-Canedo said.

Jen Karren receives CPR aboard a small boat. Karren was injured after a grey whale hit the boat she was on, near a beach resort in Cabo San Lucas, Mexico.
PROFEPA/THE ASSOCIATED PRESS

One of the other two injured passengers has since been released from hospital and a second was due to be released Thursday evening.

Foreign Affairs issued a statement to Metro early Thursday.

"Our thoughts are with the family and friends of a Canadian citizen who passed away in Mexico. Canadian consular officials in Cabo San Lucas are providing consular assistance to the family in this difficult time," spokesman John Babcock said in an email.

It's believed 24 people were on the tourist boat at the time of the incident.

Rail

Transport Canada proposes tougher safety standard

Proposed new federal regulations will give shippers until 2025 to upgrade rail tank cars to a higher safety standard, a transition that would come almost 30 years after serious deficiencies in the fleet were first identified — and as oil-by-rail accidents continue to pile up. The safety upgrade would build on standards adopted by the industry in 2011 and require shippers to make tank cars more resistant to punctures and valve failures in the case of derailment.
THE CANADIAN PRESS

CN spill

Cargo spills after Manitoba train derailment

Canadian National Railway says a tar-like hydrocarbon spilled when 13 cars in an eastbound freight derailed in southern Manitoba. The accident happened around 7 p.m. Wednesday near the small community of Gregg, east of Brandon.
THE CANADIAN PRESS

12-year term sought for accused Canadian man

Indonesian prosecutors are seeking 12-year jail terms for a Canadian teacher and an Indonesian teaching assistant accused of sexually abusing three young children at a prestigious international school.

Neil Bantleman, of Burlington, Ont., and Ferdinant Tjiong, who were arrested in July, say they are innocent, as do a number of fellow teachers and the principal at the Jakarta International School.

They are being tried on charges of violating the Child Protection Law, which provides a maximum penalty of 15 years in jail.

Prosecutors told reporters after a hearing Thursday that the heavy sentences are being sought because as teachers they had traumatized the victims.

"As teachers, they have to set a good example, instead of committing deeds that cause trauma to the students that takes a long time to treat," prosecutor Ade Rohimah said.

A verdict is expected April 2.
THE CANADIAN PRESS

Critics fear new anti-terror bill will tread on rights

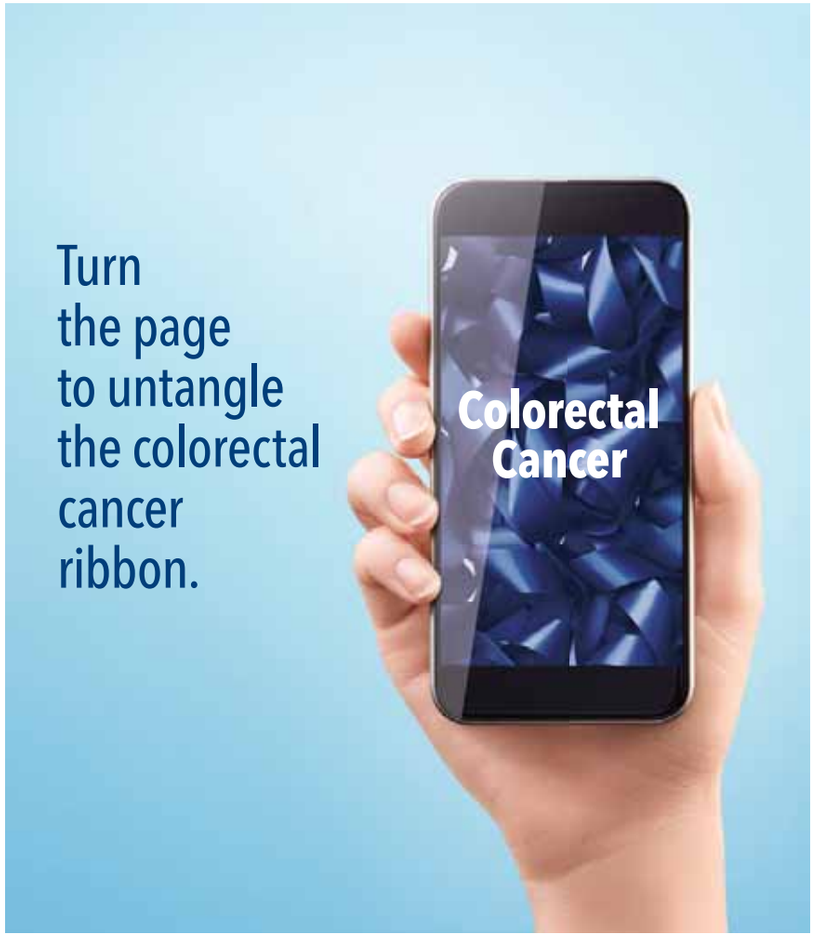
The federal government's assurances that its anti-terrorism bill will not be a licence to spy on activists have done little to calm the fears of aboriginal leaders, environmentalists and human rights advocates.

Several critics said Thursday they have reason to believe the legislation would be used to step up surveillance of protesters opposed to petroleum projects and other resource developments.

"We don't want to be labelled as terrorists in our own territories, our own homelands, for standing up to protect the land and waters," Assembly of First Nations national chief Perry Bellegarde told the House of Commons public safety committee.

Bellegarde indicated the bill would be challenged in the courts, saying the federal government did not fulfil its duty to consult Aboriginal Peoples.

The committee plans to hear more than 50 witnesses on the bill, introduced in response to extremist-inspired attacks that killed two Canadian soldiers last October. THE CANADIAN PRESS



Archaeology. Pretzels buried on river bank

Archeologists say two pretzels unearthed during a dig on the banks of the Danube in the German city of Regensburg could be more than 300 years old — and are little different to the doughy product available in the state's famous beer halls today.

Dorothee Ott, spokeswoman for the Bavarian Office for Historical Conservation, said Thursday the pretzel fragments went on display this week at the Regensburg Historical Museum.

Ott says the pretzels and other baked goods found were badly burned, which is why they survived the centuries. Archeologists believe they were discarded from a bakery that was once on the site.

Carbon dating places their creation between 1700 and 1800.

THE ASSOCIATED PRESS

Robbery

Bourbon burglar caught with Wild Turkey in backyard

An iconic bourbon brand in Kentucky has been targeted in a heist, but authorities say they have arrested a suspect caught with the stash of whiskey in his backyard.

Sheriff Pat Melton said Thursday his deputies recovered five barrels filled with bourbon. He says the barrels were stolen from the Wild Turkey Distillery.

The sheriff said one arrest has been made in the ongoing investigation.

Melton said each barrel is valued between $3,700 and $6,000, but Wild Turkey officials took samples to determine the exact worth. He said labels on each barrel had been spray painted.

THE ASSOCIATED PRESS

A-cute overload of white in Germany

Baby polar bear Charlotte explores the enclosure with mother Vera at the zoo in Nuremberg, Germany on Thursday. The polar bear was born on Nov. 21.

TIMM SCHAMBERGER/THE ASSOCIATED PRESS

Florida. Church loses tax-exempt status

A Florida church that hosted naked paint parties and slumber-party Sundays featuring the "sexiest ladies on the beach" has lost its tax-exempt status.

The News Herald of Panama City reports The Life Center: A Spiritual Community has been operating a seven-day-a-week party called Amnesia: The Tabernacle since Feb. 28. A sign says events are alcohol- and drug-free, but Sheriff Frank McKeithen calls the party atmosphere a "blatant slap in the face" to taxpayers. He says church officials are "trying to get around the laws."

Patrons are charged a $20 "donation" at the door. Signs inside read "I hate being sober," and the walls are decorated with T-shirts with obscene gestures.

All this led property appraiser Dan Sowell to remove the tax-exempt status.

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Washington. Secret Service agents under investigation

The U.S. Homeland Security Department is investigating two senior Secret Service agents accused of crashing a car into a White House security barrier, an agency spokesman says.

Secret Service spokesman Robert Hoback said Wednesday that recently appointed Director Joseph Clancy has been briefed on the March 4 incident. Clancy has asked the department's internal investigator to look into the incident.

The crash investigation is the latest embarrassment for the agency tasked with protecting the president.

THE ASSOCIATED PRESS

Intelligence

Incidents of drunken behaviour have plagued the agency since at least April 2012, when more than a dozen agents and officers were caught up in a prostitution scandal in advance of a presidential visit to Cartagena, Colombia.

Boko Haram

UN considers African support

Members of the UN Security Council are proposing that the international community supply money, equipment, troops and intelligence to a five-nation African force fighting Boko Haram.

African countries have put together the largest international effort yet to defeat Boko Haram after Nigeria's war against the Islamic extremists spilled beyond its borders. Alarm rose when Boko Haram over the weekend announced its allegiance to the Islamic State extremist group operating in Iraq and Syria.

THE ASSOCIATED PRESS

Pope celebrates second anniversary in office

Pope Francis waves to faithful as he arrives on the occasion of an audience with participants to the course promoted by the Penitentiary Apostolic Tribunal, in the Paul VI hall at the Vatican, Thursday.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

Vatican City. Pope Francis's reforms popular worldwide; traditionalists less thrilled

Pope Francis marks his second anniversary Friday riding a wave of popularity that has reinvigorated the Catholic Church in ways not seen since the days of St. John Paul II. He's also entering a challenging third year, facing dissent from within on everything from financial reform to family issues.

Is the honeymoon over?

According to the Pew Research Center, not by a long shot, at least as far as ordinary faithful are concerned: Nine out of 10 U.S. Catholics have a favourable view of Francis, including six in 10 who have a "very favourable" view. Those are rankings not seen since John Paul's rock star days. And they trump the favourability ratings for Pope Benedict XVI even among more orthodox, church-going Catholics.

"Two years after his election, Francis has made the face of the papacy irreversible," Italian Vatican analyst Marco Politi wrote recently. "Returning to a doctrinaire, absolute monarch, icon-pope will never be possible, without a dramatic loss in contact with contemporary society, believers and non-believers alike."

Yet opposition abounds, most vocally among commentators but also some cardinals and bishops: Traditionalist Catholics have been joined by more mainstream conservatives who cringe at his mercy-over-morals priorities and apparent willingness to entertain pastoral approaches that might not follow Rome's rulebook.

THE ASSOCIATED PRESS

Health rumours abound amid Putin disappearance

Speculation is swirling in Russia about the state of Vladimir Putin's health, as an unusual spell outside the public eye fuels the rumour mill. On Thursday, the Russian president's spokesman sought to quash such talk, saying in an interview that Putin's health is "really perfect."

Dmitry Peskov told The Associated Press that Putin has a busy agenda in the coming days, including some international meetings. He said that next week the president is set to make a trip to Kazakhstan, which had been planned for this week but abruptly postponed.

The 62-year old Russian leader was last seen in public on March 5, when he hosted Italian Prime Minister Matteo Renzi before falling out of sight for a week — a highly unusual absence. The Kremlin insisted that the president had a few other official meetings in the following days, but some Russian media contested that and claimed they had actually taken place earlier.

Peskov rejected the allegations, and insisted that the Russian leader was keeping his usual busy schedule.

THE ASSOCIATED PRESS

Ukraine not living up to peace deal terms: Russia

Russia accused Ukraine Thursday of dragging its feet on implementing last month's peace deal, citing a wide range of areas in which Kyiv is allegedly failing to meet its obligations.

Russian President Vladimir Putin's spokesman, Dmitry Peskov, told The Associated Press that Ukraine was failing in its pledge to declare an amnesty for fighters and to set the stage for local elections in the east. He also accused Ukrainian authorities of being reluctant to restore financial and social services to the east.

He said that while hostilities in eastern Ukraine have abated thanks to the Feb. 12 peace deal, Russian-backed separatists and the Ukrainian government are still blaming each other for a slow and incomplete withdrawal of heavy weapons. He said "we do expect both sides of the conflict to fulfil their obligations, and to withdraw completely and timely all the heavy armaments."

More than 6,000 people have been killed in the fighting between government troops and the rebels since the pro-Russian insurgency flared up in eastern Ukraine in April, following Moscow's annexation of Ukraine's Crimean Peninsula.

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Students in Myanmar protest could face prison

Myanmar authorities have freed several students detained after a bloody protest, but others involved in the standoff over a new education law will face charges including disrupting stability, which carries a two-year prison term.

Yee Mon, a Yangon university student who was released Thursday, said at least 12 students have been freed and about 10 more were expected to be released later Thursday.

Nearly 130 people, including about 60 students, were detained Tuesday after hundreds of riot police charged their protest, pummeling them with batons and then dragging them into trucks, bringing a harsh end to a weeklong standoff.

The students say the new law puts all decisions about education policy and curriculum in the hands of a group largely made up of government ministers, which critics say undermines the autonomy of universities. THE ASSOCIATED PRESS

Quoted

"We didn't break the law but we were peacefully protesting for academic policy change"

Yee Mon, a Yangon university student

Student protester Kyaw Zin Thant speaks outside a court house on Thursday after his release in Tharyarwaddy, Myanmar. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Surveillance

U.K. discloses details of snooping

U.K. spies intercept Britons' online communications in bulk and keep personal data on large numbers of British citizens — but not enough to amount to blanket surveillance or "reading everyone's emails," lawmakers said Thursday.

Parliament's Intelligence and Security Committee has made the most detailed public disclosure yet of Britain's electronic snooping abilities. The agencies' surveillance powers have been under scrutiny since former NSA contractor Edward Snowden leaked details of spies' ability to monitor phone and online communications.

The report said that only the communications of "suspected criminals or national security targets" are selected for examination.

THE ASSOCIATED PRESS

Iraqi troops battle ISIL militants to win Tikrit

Middle East. Iraqi military leader says extremists were trying to repel his forces with snipers, suicide car bombs, machine guns

Iraqi security forces clash with ISIL extremists Thursday at the front line in Qadisiyah neighborhood in Tikrit, 13 kilometres north of Baghdad. KHALID MOHAMMED/THE ASSOCIATED PRESS

Iraqi troops clashed along two fronts with Islamic State of Iraq and the Levant (ISIL) militants in Tikrit on Thursday as rockets and mortars echoed across Saddam Hussein's hometown a day after soldiers and allied Shiite militiamen swept into this Sunni city north of Baghdad.

Recapturing Tikrit is seen as a key step toward rolling back the gains of the extremist ISIL, which seized much of northern and western Iraq in a blitz last summer and now controls about a third of both Iraq and Syria.

The offensive also will serve as a major crucible for Iraqi forces, which collapsed under the extremists' initial offensive last year and now face one of the Sunni militant group's biggest strongholds.

Iraqi forces entered Tikrit for the first time on Wednesday from the north and south. On Thursday, they were fighting their way through the city and expected to reach the centre within three to four days, according to Lt.-Gen. Abdul-Wahab al-Saadi, the commander of the Tikrit operation.

ISIL militants were trying to repel the Iraqi forces with snipers, suicide car bombs, heavy machine guns and mortars, said al-Saadi, speaking to The Associated Press at the front-lines.

Tikrit, the capital of Salahuddin province, sits on the Tigris River about 130 kilometres north of Baghdad. Several of Saddam's palaces remain there, and supporters of the deceased dictator are believed to have played a key role in ISIL's seizure of the city last year.

Iraqi Defence Minister Khaled al-Obeidi, who was also at the front-line on Thursday, told the AP that the operation to retake Tikrit is "essential to opening a corridor for security forces to move from the south to Mosul," he said, referring to Iraq's second-largest city and the militants' biggest stronghold.

He described the operation as "100 per cent Iraqi, from the air and ground."

When ISIL last year swept into Mosul, the U.S.-trained Iraqi military crumbled and the militants seized tanks, missile launchers and ammunition, steamrolling across northern Iraq.

THE ASSOCIATED PRESS

Tikrit fighting

A satellite image released last month by the UN showed the impact of fighting in Tikrit:

- 536 buildings have been affected.
- 137 buildings completely destroyed.
- 241 buildings severely damaged.

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Two Ferguson officers shot; groups try to quell tensions

Missouri. Bloodshed threatened to inflame the already fraught relationship between police and protesters

With measured remarks and a conciliatory tone, police, political leaders and civil-rights activists on Thursday sought to tamp down tensions after two police officers were shot in front of the Ferguson Police Department during a protest.

The officers were quickly released from the hospital, but St. Louis County Police Chief Jon Belmar said they could have easily been killed and called the attack "an ambush." Meanwhile, people were taken in for questioning after a SWAT team converged on a Ferguson home near the shooting site. Police did not immediately offer details.

The shootings marked the first time in eight months of tension in Ferguson that officers were shot at a protest, and the bloodshed threatened to inflame the already fraught relationship between police and protesters just as the city seeks reforms in the wake of a withering Justice Department report on its law-enforcement practices.

The attack resonated all the way to Washington. President Barack Obama took to Twitter to relay his prayers to the officers and to denounce violence against police as unacceptable. "Path to justice is one all of us must travel together," Obama wrote, signing the tweet with his initials to indicate the president personally composed it.

Attorney General Eric Holder called the shooting "inexcusable and repugnant."

The shots were fired early Thursday just as a small crowd of protesters began to break up after a demonstration that unfolded hours after the resignation of Ferguson Police Chief Tom Jackson.

The shots were believed to come from a handgun fired across the street from the police department, which has been a national focal point since the Aug. 9 shooting death of Michael Brown, who was black and unarmed, by a white police officer. THE ASSOCIATED PRESS

A police officer walks toward the Ferguson Police Department Thursday.
JEFF ROBERSON/THE ASSOCIATED PRESS

Atlanta. Residents call for police accountability

Residents in the Atlanta area are adding their voices to a nationwide chorus of calls for increased police accountability after an unarmed, naked man was fatally shot by an officer responding to a complaint of a suspicious person at an apartment complex.

More than 100 protesters gathered in the city of Decatur on Wednesday night to protest the death of Anthony Hill, 27. Most said they hoped the latest shooting would become part of an ongoing national discussion on how police officers interact with citizens, especially minorities.

The relationship between law enforcement and civilians — particularly in poor, minority and high-crime neighbourhoods — has become a contentious issue in many states across the U.S. following the high-profile deaths of unarmed men and teens by police officers, some of whom have been exonerated of wrongdoing after saying they perceived the men and teens they shot as threats. THE ASSOCIATED PRESS

Shooting

Report forthcoming

Wisconsin's attorney general says a report on the shooting of an unarmed 19-year-old man by a Madison police officer should be sent to a prosecutor in about two weeks. Attorney General Brad Schimel is updating the investigation into the death of Tony Robinson. Robinson, a biracial man, was shot and killed by a white officer Friday night after police said Robinson assaulted the officer. Schimel is encouraging the public to be patient before judging what happened. He says he appreciates that Robinson's family has urged that protests be peaceful.

Bangladesh factory roof collapse traps dozens

The roof of a five-storey cement factory under construction in Bangladesh collapsed Thursday, killing at least four workers and trapping many others, an official said.

About 150 workers were on duty when the collapse occurred in Mongla in Bagerhat district, fire official Mizanur Rahman said.

He said at least 40 people were rescued from under the debris and up to 40 others were feared trapped. Many of the survivors were hospitalized with injuries, Rahman said.

The cause of the collapse was still under investigation.

Survivors said 50 to 60 people were working on the roof while others were on the ground floor when the collapse occurred, said local government administrator M. Jahangir Alam.

It was not clear how many were directly affected by the collapse.

The seaside factory, about 135 kilometres southwest of Dhaka, is owned by an army welfare organization, the United News of Bangladesh news agency reported.

In April 2013, a building housing garment factories collapsed in Dhaka, killing more than 1,100 people.

Engineering surveys show that many Bangladesh factories violate building codes by using substandard materials or adding extra floors that the building foundations can't support.
THE ASSOCIATED PRESS

Flight 370

Malaysia vows stern action if air traffic controller was sleeping

Malaysia's transport minister on Thursday vowed to take stern action against an air traffic control supervisor if it is confirmed that he was asleep on the job when Malaysia Airlines Flight 370 disappeared a year ago.

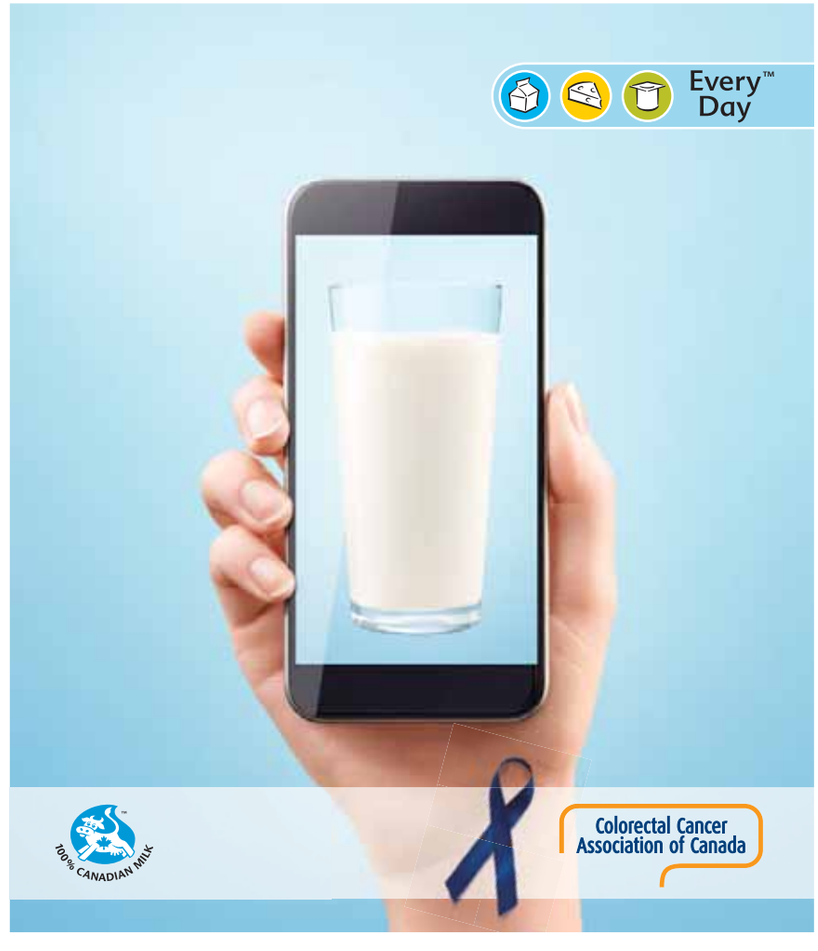
An interim investigation report last Sunday contained transcripts of conversations between air traffic controllers and the airline that revealed confusion after the Boeing 777 dropped off radar with 239 people aboard while flying from Kuala Lumpur to Beijing.

The last voice contact was a "good night" message from the cockpit to the controllers at 1:19 a.m. on March 8. The shutdown of the transponder one minute later removed the plane's identification from commercial radar. THE ASSOCIATED PRESS

Moscow

Nemtsov murder steeped in mystery

The slaying of opposition leader Boris Nemtsov has been described as "the most significant political murder in recent Russian history." As investigators home in on five suspects, dozens of versions of what motivated the killers have circulated across Russian media and the country's notoriously conspiratorial blogosphere.
THE ASSOCIATED PRESS



CRTC shakes up Canadian content on TV

Hearings. Regulator hopes changes will lead to higher quality Canadian programming

Canadian broadcasters will have less-stringent Canadian content requirements, but be required to fund higher-quality homegrown productions as a result of the findings of the CRTC's Let Talk TV public hearings.

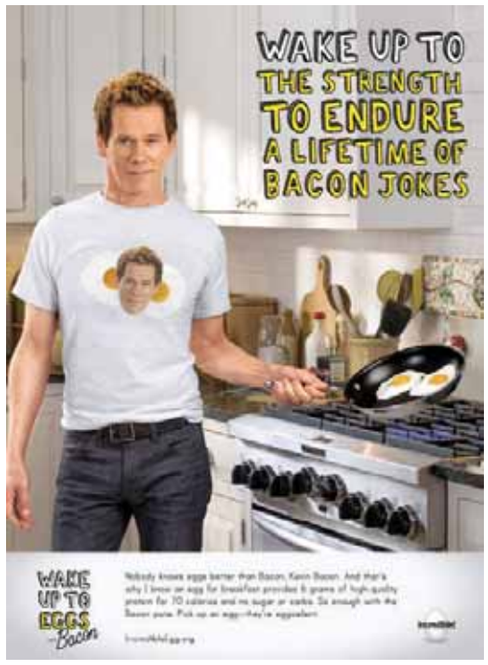
Jean-Pierre Blais, chairman of the CRTC, outlined changes intended to develop better Canadian programming Thursday in Ottawa.

Canadian content restrictions will be relaxed, except in the prime-time viewing window (6 to 11 p.m.). Specialty channels will have to show 35 per cent Canadian programming throughout their schedules, and some local stations will not have to have any CanCon in non-prime time viewing time slots.

Specialty channels like HGTV, Space and MTV Canada which have had genre protection to limit competition — but also license requirements that limited what kind of content they could show — will see those restrictions lifted.

All Canadian broadcasters will have to invest in homegrown production, and there are changes to productions being labelled Canadian content. One pilot project will encourage adaptations of Canadian novels, and another will focus on series with a $2 million budget per hour, but both will require a Canadian screenwriter, leading actor or production company to qualify as Canadian content.

TORSTAR NEWS SERVICE



Egg industry orders Bacon

The American Egg Board is launching a series of online ads featuring Footloose actor Kevin Bacon, seen in a print ad, with plenty of puns on his last name. The campaign, which includes magazine ads, comes as a protein craze in the U.S. is helping fuel sales after decades of declining consumption. COURTESY AMERICAN EGG BOARD/THE ASSOCIATED PRESS

France. Yogurt cartel fined for fixing prices

Frantic text messages between French CEOs about cottage cheese prices; clandestine smoke breaks in a Left Bank apartment to collude on yogurt strategy: A ruling Thursday by France's competition authority makes for rich reading

It details a web of secret meetings, handwritten charts and phone exchanges over six years to fix prices on many of the yogurt-related goods on French supermarket shelves.

Eleven companies were hit with 192 million euros (about $258 million) in fines for the cartel, including Yoplait and Lactalis and makers of most of the store-brand yogurt sold around France.

The cartel was uncovered thanks to a special procedure that allows companies to report their own price-fixing activity to regulators in exchange for reduced punishment. Yoplait, majority-owned by U.S.-based General Mills Inc., was the first company to report the activity, and was given no fines.

Company bosses sketched out secret deals in hotel rooms and on special phone lines to avoid detection.

The ruling found that the companies agreed on how and when to raise prices from 2006 to 2012, and divided up volumes. THE ASSOCIATED PRESS

Internet. Google ramps up fight against devious sites

Get ready to see more red warning signs online as Google adds ammunition to its technological artillery for targeting devious schemes lurking on websites.

The latest weapon is aimed at websites riddled with "unwanted software" — a term that Google uses to describe secretly installed programs that can change a browser's settings without a user's permission. Those revisions can unleash a siege of aggravating ads or redirect a browser's users to search engines or other sites that users didn't intend to visit.

Google had already deployed the warning system to alert users of its Chrome browser that they were about to enter a site distributing unwanted software. The Mountain View, Calif., company just recently began to feed the security information into a broader "safe browsing" application that also works in Apple's Safari and Mozilla's Firefox browsers.

All told, the safe browsing application protects about 1.1 billion browser users, according to a Thursday blog post that Google Inc. timed to coincide with the 26th anniversary of the date when Tim Berners-Lee is widely credited for inventing the World Wide Web. THE ASSOCIATED PRESS

Apple Watch

Chinese makers roll out look-alikes

A month before Apple Inc.'s smartwatch is out, China's thriving copycat manufacturers are selling look-alikes, some openly advertised as Apple copies, on Alibaba Group's Taobao e-commerce website. Prices start at 288 yuan ($45 US), one-eighth the $349 US price of the cheapest Apple Watch. Most vendors said they were compatible with Apple's iOS or Google's Android operating system.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.72¢ (+0.36¢)

Natural gas: $2.734 US (-9¢)
Dow Jones: 17,895.22 (+259.83)

TSX 14,770.72 (+31.52)

OIL $47.05 US (-$1.12)

GOLD $1,151.90 US (+$1.30)

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VOICES

WE NEED TO STOP ABSORBING THIS COST

THE KOHLER REPORT
By Rebecca Kohler

When I was in university, I used to steal from people.

Before you call the cops, it wasn't anything crazy; no laptops or jewelry, liquor or cash. No, when I was in university, I used to steal tampons from people's bathrooms. If I was at a party or a friend's house, I'd inspect their feminine product supply and if it was robust, I'd take a few and put them in my purse. I wasn't a kleptomaniac or a bad person, I was just a woman who was broke and bleeding.

Feminine products are an essential part of living in modern-day society. They're expensive to begin with; why are we taxed on them, too?

Before I lose half my audience, let me put this in universal terms: Did you know that you're paying tax every time you go to the bathroom? Eww, what? Yes, because toilet paper is taxed, so with each wipe (remember, front to back) the government gets richer.

If you agree that that's gross and unfair, would you also agree it's unfair that people who menstruate pay a tax on tampons and all other feminine products? Every time we shed the stuff that lines our uterine walls, the government further lines its pockets. Talk about blood money!

There's a petition at Change.org, "Government of Canada — No Tax on Tampons" that's trying to put a stop to this, and you should sign it. Now, before you say, "This isn't my problem because I have a penis," stop and think about how you came to be on Earth. Did a stork bring you here? Were you deposited on the shores via giant shell like Venus?

If the answer to both of those questions is 'No,' then I'm sorry, but this IS your problem because that means you came from a womb.

Once a month, the female reproductive system does something that's integral to keeping the human race on Earth and we're taxed on it.

Tampon tax

Feminine products are already expensive; putting a tax on them adds insult to what kind of looks like an injury.

The petition estimates that Canadians paid the government more than $36 million in tax on tampons. This is a cost we shouldn't be willing to absorb.

Canadians don't pay tax on everything. For instance, some foods and medical supplies are tax exempt, while luxury and cosmetic items are not. Sounds good on paper, but when you break it down, priorities start looking crooked. According to the federal government's Excise Tax Act, schedule VI, feminine products fall under the "cosmetic" category while cocktail cherries fall under "food." Okay, while it's true that cocktail cherries are edible, are they really crucial to human existence? In fact, aren't they just a "cosmetic" addition to a piña colada?

Moreover, if tampons are a "cosmetic" item, who does that serve? I guess tampons could be considered cosmetic in that they kind of cover up a woman's period.

That's nice for women, but it (also) makes life cleaner and less bloody for men, too.

How would our boyfriends/husbands like it if "the rag" wasn't just an expression? What if we used J-Cloths that we washed and hung around the house to dry?

Trust me, tampons and other feminine hygiene products improve *everyone's* life.

Feminine products are already expensive; putting a tax on them adds insult to what kind of looks like an injury.

If you're still wondering why you should care about this, think back to my tax on toilet paper example — is a square of two-ply really a "luxury"? Well, maybe Charmin is — so soft!

Jump on this No Tax on Tampons petition and should it succeed, use it as a way to get the tax off the T.P., too! We all wipe and we all need uteruses, whether they're in your body or someone else's.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From spitting to swearing, Metro weighs in on the news that made headlines this week:

HORKING HOCKEY PLAYERS

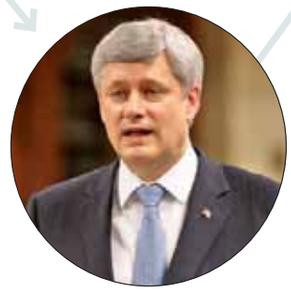
A hockey arena in Terrace, B.C., has cancelled drop-in adult games for the rest of the season because some players refused to stop spitting in the penalty box and on the benches. Parents whose kids play at the arena were grossed out and complained.

NO MORE 'FEELING FAT' UPDATES

Kudos to activists for successfully petitioning Facebook to remove the feeling "fat" option from its drop-down menu, and a pat on the back to the all-powerful corporation for listening to the plebs. Hopefully newsfeeds everywhere will also see a decrease in "thinspiration" photos, itemized lists of everything a friend ate that day and, it almost goes without saying, instagrammed dinner shots.

WHAT NOT TO WEAR: PMO EDITION

Our dear leader is facing some major backlash over comments he made about face coverings. Prime Minister Stephen Harper said that "most Canadians" find wearing a face veil during citizenship ceremonies to be "offensive" and added that the niqab is "rooted in a culture that is anti-women." Hey, Harper: If you think Muslim women shouldn't be told what to wear than maybe you should, y'know, not tell them what to wear.



SOMETHING TO SMILE ABOUT: SET FOR LIFE

A small-town Nova Scotia man who just won Atlantic Lottery's Set For Life already knows what he's going to do with his cheque: Buy a new set of false teeth. James Hanlon opted for a lump sum rather than $1,000 a week for 25 years. He'll be taking home an impressive $675,000. The handyman also says he has no plans to retire.

TIME FOR ANOTHER FOOTLOOSE REMAKE

Apparently the town of Taber, Alta. has never heard of the Charter of Rights. Its city council recently passed a bylaw that bans swearing in public, which brings a fine of up to $250. Kids and teens must now abide by an 11 p.m. to 6 a.m. curfew. And officers now have the discretion to break up assemblies of three or more people in public spaces. Kevin Bacon, we need you up here!

metro

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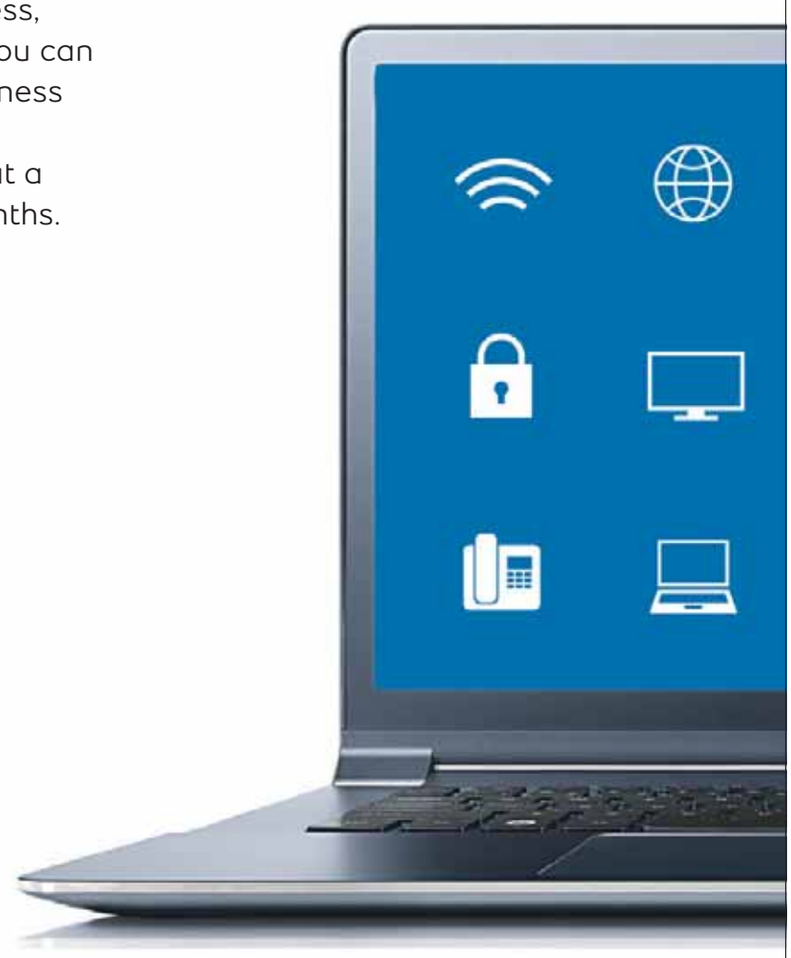

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Making a fairy tale come true

Interview. Building Cinderella's glass slipper was a formidable task, even for an Oscar-winning costume designer

"How do you do a glass shoe?"

It sounds like a question from an age-old nursery rhyme, but was actually a real problem for Sandy Powell, the Academy Award-winning costume designer of the new live-action version of Cinderella.

Powell, whose Oscars for Shakespeare in Love, The Aviator and The Young Victoria decorate her mantle, gave me a sneak peek at the unique shoes given to Cinderella (played by Downton Abbey's Lily James) by her Fairy Godmother months in advance of this weekend's opening.

"The glass slipper had nothing to do with any shoemakers because it is made of crystal," Powell explained.

Working with Swarovski, she designed the shoe, complete with a six-inch heel and 221 facets with their light-reflecting Crystal Blue Aurora Borealis coating, out of solid crystal.

"No one can actually put their foot in that," she says.

"It's a prop. In effect I was designing a prop that gets held and gets tried on but for her (to walk in) we made another shoe that was the same shape, in leather, that she could wear and then the visual effects (transformed it to) the glass on her foot.

For the film, Cinderella's glass slipper had a six-inch heel. CONTRIBUTED

In Focus

RICHARD CROUSE

"The glass shoe was the biggest challenge to do.

"How do you do a glass shoe that doesn't look ugly and huge?

"Hopefully I have done it. It had to sparkle. And rather than it be made up of lots of little crystals, I thought it would be brilliant if we could make it out of one piece of crystal. We didn't know if that would be possible.

"We spoke to Swarovski very early on and I thought it should be like a faceted, cut piece of crystal and that's what we worked on, which took several months.

"They didn't even know if they could do it.

"We didn't know if it was going to be possible until the first one came hot off the press."

Eight crystal shoes were made, but in order to save time and money, there was no left or right foot, just neutral, according to Powell.

"No one is going to notice," she says. "Doing a pair would have taken twice as long and we never see two at the same time."

Working with Disney to bring Cinderella to life brings Powell full circle back to the movie that set her on her career path.

She cites the Mouse House's Mary Poppins as an early influence, adding,

"I've always been inspired by clothes and I have always loved films."

These days, 40 movies and three Oscars later, Powell is still finding plenty of passion in her work.

"I love it.

"It gives me great satisfaction," she says.

Richard's ratings

Cinderella

Run All Night

The Cobbler

Miss Julie

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Play adaptation. Miss Julie character drives Jessica Chastain to edge

Jessica Chastain in Miss Julie. CONTRIBUTED

It was the last day of rehearsal before cameras rolled on the film Miss Julie and Jessica Chastain couldn't go on.

Getting into the mindset of the melancholic title character was taking its toll on the two-time Oscar nominee. Director Liv Ullmann decided not to make her go through rehearsal for a particularly agonizing scene involving a pet bird.

"I came into rehearsal and I was feeling really depressed and down," Chastain recalled in a telephone interview. "Liv saw that, and the incredible thing about working with a director as sensitive as she is, is then she goes, 'You know what? Let's stop.'

"That, I was very grateful for."

Ullmann, known as one of Swedish director Ingmar Bergman's actress muses, adapted the story from the 1888 August Strindberg play.

Chastain, 37, plays the daughter of an Anglo-Irish aristocrat who instigates an emotionally draining battle of power and intimacy with a valet named John (Colin Farrell) at their estate while her father is away.

Tweeting redheads

This week, Twitter brought Chastain into contact with one of her favourite 1980s pop stars — fellow redhead Tiffany.

- "That was crazy," she said. "She tweeted me that she was a fan of my work, which is insane, especially since I think that's the first record I ever had.
- "I used to lip sync her songs in the mirror. I was like, 'A redhead singer!' I was all about it."

Chastain said Miss Julie is one of her favourite plays and she studied it at the Juilliard School in New York City.

The result is yet another critically heralded performance from Chastain, who got Oscar nominations for her supporting role in 2011's The Help and for her leading role in 2013's Zero Dark Thirty.

Miss Julie hits theatres on Friday. THE CANADIAN PRESS

Disney gives Lily James the slipper and Downton star finesses the fit

Fairy-tale remake. Actress dishes on how reading for the stepsister turned into her Cinderella moment

RICHARD CROUSE
Metro

The glass slipper fitting on Cinderella's foot is at the core of the magic of the fairy tale. It is a plot point that cannot be removed. If you do the whole story falls apart.

Real life is different.

Lily James, star of the new Disney live-action remake of the Brothers Grimm tale, says the Swarovski slipper she "wears" in the film didn't fit.

"That is my English humour," she says. "It didn't fit anyone. It wasn't that they just got the size wrong. It's Swarovski Crystal so it would have broken. They had to CGI it onto my foot, which was a bit of a shame."

The Downton Abbey star — she plays the rebellious Lady Rose on the hit show — is about to have her name intrinsically connected with the Disney princess, but at the audition she had her eye on another role.

"When you get the casting call for something they pick what part you're going to go for and they wanted me for (stepsister) Anastasia," she says. "I remember I wore this pink tie-dyed jumper that the casting director told me to burn. But I had blonde hair because of Downton and they said I should read for Ella.

Lily James stars in Disney's new live-action Cinderella. GETTY IMAGES

First-sight butterflies

Her first day on set she shot one of the film's key scenes, the "love-at-first-sight" meeting between Cinderella and Prince Charming, played by Game of Thrones actor Richard Madden.

- "Ken said, 'How do you feel about shooting that scene first?' Richard and I didn't really know each other and Ken caught that nervous energy, that getting-to-know-you, butterflies-in-your-stomach thing."
- "He caught it on camera and I think that was smart. It kind of sets up the whole movie. It feels in that moment that Ella is very strong."

"I was kind of up for playing the off-centre part; the quirkier, funnier part. I paced the corridor for about 20 minutes and the breakdown of the part that Ken (Branagh) had given me kind of struck me. It said she had a generous spirit and a generous nature and an open heart and I think because I didn't have time to over think I just went in and just read it. I think I was much better for it."

So how will Downton Abbey fans react to seeing her familiar face as Cinderella?

"I hope lovingly," she laughs. "I didn't think there were many similarities, but some people have said they think are. I watched the film and in the first scene I thought, 'Oh no! I'm playing Rose.' Then thankfully I shed it."

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Sci-Fi & Fantasy/Romance

Cinderella

Director. Kenneth Branagh

Stars. Lily James, Cate Blanchett

Cate Blanchett stars in this new vision of the Cinderella tale from director Kenneth Branagh and the screenwriting team of Chris Weitz and Aline Brosh McKenna for Disney Pictures.

Rotten Tomatoes™ score
Critics: 88% **Audience:** +98%

Drama/Comedy

Wild Tales

Director. Damián Szifron

Stars. Ricardo Darín, Leonardo Sbaraglia

Inequality, injustice and the demands of the world we live in cause stress and depression for many people. Some of them, however, explode. This is a movie about those people. Vulnerable in the face of a reality that shifts and suddenly turns unpredictable, the characters of Wild Tales cross the line that divides civilization and barbarism.

Rotten Tomatoes™ score
Critics: 92% **Audience:** 93%

Mystery/Suspense

Run All Night

Director. Jaume Collet-Serra

Stars. Liam Neeson, Natalie Martinez

Liam Neeson reunites with Unknown director Jaume Collet-Serra for this Warner Bros. thriller following a mob hit-man and his estranged son (Joel Kinnaman) as they flee the wrath of a vengeful crime boss.

Rotten Tomatoes™ score
Critics: 50% **Audience:** +92%

Comedy

Unfinished Business

Director. Ken Scott

Stars. Vince Vaughn, Dave Franco

A hard-working small business owner (Vince Vaughn) and his two associates (Tom Wilkinson, Dave Franco) travel to Europe to close the most important deal of their lives. But what began as a routine business trip goes off the rails in every way.

Rotten Tomatoes™ score
Critics: 12% **Audience:** 33%

Action & Adventure

Chappie

Director. Neill Blomkamp

Stars. Hugh Jackman, Sharlto Copley

In the near future, crime is patrolled by an oppressive mechanized police force. But now, the people are fighting back. When one police droid, Chappie, is stolen and given new programming, he becomes the first robot with the ability to think and feel for himself.

Rotten Tomatoes™ score
Critics: 30% **Audience:** +94%

Drama/Comedy

Focus

Director. John Requa, Glenn Ficarra

Stars. Will Smith, Rodrigo Santoro

A con artist (Will Smith) takes on an inexperienced apprentice in this crime comedy from the filmmaking duo behind Crazy Stupid Love: Glenn Ficarra and John Requa.

Rotten Tomatoes™ score
Critics: 55% **Audience:** 62%

Julie Andrews says she has found a friend in Lady Gaga since her Sound of Music tribute at the Oscars. THE ASSOCIATED PRESS

Lady Gaga's tribute makes Julie Andrews 'proud'

Julie Andrews says she's always been a fan of Lady Gaga, but after seeing the pop star perform a medley of songs from The Sound of Music at the Oscars, the stage and screen icon developed a new appreciation for the singer.

"She was just belting it out of the park, and I was so pleased and so proud, and I thought she did a wonderful job," Andrews said in a recent phone interview from New York.

If Gaga had any doubts about her performance, they quickly dissipated as she was enveloped by rapturous applause — and a warm embrace from Andrews.

"I just said to her: 'You were terrific. You were marvellous,"' Andrews recalled of the tender moment.

"Doing it meant a great deal to her because she says it was one of the hardest things she's ever done. She was understandably nervous, but she was so generous about it. And that's the first time I met her face-to-face. I'd been a fan, and now I've found a new friend."

The Sound of Music has been rebooted in recent years for both stage and television. But for legions of fans, Andrews' portrayal of Maria — a young nun who becomes governess to an Austrian widower's seven children — remains the definitive performance of the beloved Oscar-winning musical, which premiered in 1965.

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Sequels. Disney divulges details about Star Wars and Frozen followups

Let it go (on)!

The Walt Disney Co. on Thursday announced plans to make a sequel to the animated mega-hit Frozen, and revealed new details about the upcoming Star Wars reboot.

Frozen 2 had been widely expected for a film that has become a juggernaut for Disney. Since its release in November 2013, it has made nearly $1.3 billion globally at the box office, generated a massive merchandising revenue stream and won the Academy Award for best animated feature.

Disney didn't announce any details on the sequel's plot or a release date, but said directors Jennifer Lee and Chris Buck will be returning.

Disney chairman and CEO Bob Iger also announced at the shareholder meeting that new Star Wars film will be called Rogue One and will be directed by Gareth Edwards (Godzilla).

The script will be written by Oscar-nominated Chris Weitz (About a Boy) and will feature Oscar-nominated actress Felicity Jones (The Theory of Everything).

Rogue One will be the first film of the Star Wars Franchise to explore stories outside the primary Star Wars epic.

Initial filming is set to begin this summer in London.

The film's projected release date is Dec. 16, 2016.

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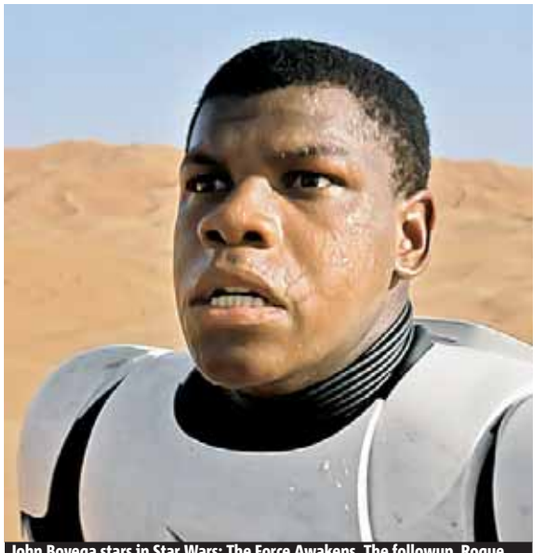

John Boyega stars in Star Wars: The Force Awakens. The followup, Rogue One, is projected to be released on Dec. 16, 2016 CONTRIBUTED

When success delivers you a knock-out punch

Interview. Ex boxer Evander Holyfield holds no punches as he talks about his rise and fall and rise again in the world of professional sport

COLIN MCNEIL
colin.mcneil@metronews.ca

Champs, a new documentary released today digitally on iTunes, chronicles the out-of-the-ring financial and personal struggles of prize fighting legends. CONTRIBUTED

Twenty years ago, Evander Holyfield was one of the baddest (and richest) dudes to ever grace the canvas of a boxing ring. A world-class pugilist who fought his way up from poverty, 'The Real Deal' had a killer knockout punch, and a bank account to match.

Fast-forward just a few years later, and this venerable practitioner of the Sweet Science was losing the fight against a different kind of opponent: rampant, unrestrained success.

Champs, a new documentary from filmmaker Bert Marcus (How to Make Money Selling Drugs), chronicles the out-of-the-ring financial and personal struggles of prize fighting legends Holyfield, Mike Tyson and Bernard Hopkins. It's the story of how money mismanagement and personal problems left some of boxing's biggest names down for the count.

So just how do you go from being a $200-million king of the ring to broke? Metro spoke with The Real Deal to do a little verbal sparring and find out.

"I had a contract which allowed me to make $50,000 in my first (professional) fight," says Holyfield, "which was humungous because I was making $8,000 a year, with three jobs. And so here I am, a person who fought for 12 years as an amateur for free. Now I'm getting paid to do something that I love doing already."

That was just the beginning.

At the height of his career, Holyfield's biggest fights were grossing anywhere from $77 to $100 million. He reportedly earned $35 million for his rematch with Tyson (the infamous Bite Fight) alone.

"Having the money, and not knowing when to say 'no,'" he says, was the problem.

"Of course when I made all this money ... I wanted everybody to do well. I was willing to do what is necessary to help everybody."

With a generous heart, deep pockets and little knowledge of finance, Holyfield's millions didn't go the distance.

"My mother said, 'Son, you cannot make nobody rich. You can give them an opportunity to be rich, but they got to do the work — or you'll go broke.' And unfortunately, you know what, that's what happened."

In 2012, Holyfield was forced to sell his 44,234-square-foot mansion and auction off some of his most prized possessions, including memorabilia from his 1984 Olympic bronze medal win, many of his championship title belts, and an array of fight-used robes and gloves.

In the end, the one thing he was able to keep, says Holyfield, was his positive attitude. "I didn't let people change me from the attitude I had towards people.

"I had to think back to what I was brought up on and the word of God. And the only thing that I had to build my faith on was that the second half of my life would be better than my first half."

Holyfield continued to fight professionally until last year, when he officially retired at age 51. Nowadays, The Real Deal makes a living from paid speaking engagements.

Mayweather vs. Pacquiao

Holyfield's take on the 'Fight of the Century'

What does the five-time heavyweight champion think about the upcoming match between Floyd Mayweather Jr. and Manny Pacquiao?

"I think it's going to be an excellent fight. I really do."

And it's likely to go the distance, he says. No knockouts. "Both the guys are clever fighters, and one of them is a defensive fighter, which is Floyd."

Holyfield adds, "The fact of the matter is, I think it'll be that chess match, that ultimate chess match.

"Unless somebody gets careless."

COLIN MCNEIL/METRO

Show them the money

The May 2 fight is expected to be the richest fight in boxing history.

- MGM Garden tickets will range from $1,500 in upper seats to $7,500 ringside.
- The pay-per-view price hasn't been announced but it's expected to be in the $90 to $100 range.

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Naomi Watts says taking on role in Divergent sequel was 'a little scary'

Movies. Veteran actress says a warm welcome by the young Insurgent cast calmed her fears

NED EHRBAR
Metro in Hollywood

Naomi Watts as Four's estranged mom in Insurgent, the sequel to Divergent. CONTRIBUTED

Joining an established franchise the second movie in can be daunting even for the most experienced of actresses, and for Naomi Watts becoming a part of The Divergent Series: Insurgent was no exception.

"That can always be scary, the first day. When I arrived on the set, it was a little scary because this is a very well-oiled machine," Watts says. "I was just wildly impressed with how things were going and how fast they were moving and how disciplined all of these young actors were. When there's that many people, you can sometimes sense a little rivalry here, a few issues there, but they felt very connected and very collaborative."

The centre of that warm fuzziness, apparently, was series star Shailene Woodley. "I remember when I first met Shailene I was just enveloped in this giant hug," Watts recalls. "It felt so warm and just relaxed me right away."

Watts co-stars as Evelyn, estranged mother of Four (Theo James) and leader of the outcast Factionless in the dystopian future of the Divergent world, but as an actress she honestly thought her action-packed days were behind her. "I remember back in the day, when I was sort of at the very end of my ingenue days, being in King Kong and having to do quite a lot of physical stuff, making the promise to myself that I would never do that again," she says with a laugh. "But now I'm an older woman — or a much more mature woman — and I don't have to do quite what Shailene has to go through. But we'll see about that for the next movie."

But while the action wasn't too involving for her — this go round, at least — there were some aspects to Evelyn that were tough to connect with, like the fact that she abandoned her son when he was very young.

"That one was very hard to reconcile," Watts admits. But we know that she was going through something that she felt was life-threatening and a great deal of abuse, and that was a survival choice that she had to make. But I couldn't imagine that anything could be so bad that my children would be left, but this is the world of storytelling."

Of course, while the Divergent franchise has been up and running already, Watts sees this as just the beginning for Evelyn. "It's a fun character because that's a complex thing to take on, the regret. But she's got drive, and she wants to fix the relationship, genuinely, I do think that," she says. "Perhaps there's something else going on as well, like she knows that both of (Woodley's and James') characters are going to help her achieve things. So it's hard to establish what her motives are in this movie. We've obviously explore that more in the next movie."

Quoted

"That's a complex thing to take on, the regret ... she wants to fix the relationship, genuinely."

Naomi Watts, on her role as Four's mother

Insurgent. Theo James' awkward Four-letter word for onscreen mom: 'Babe'

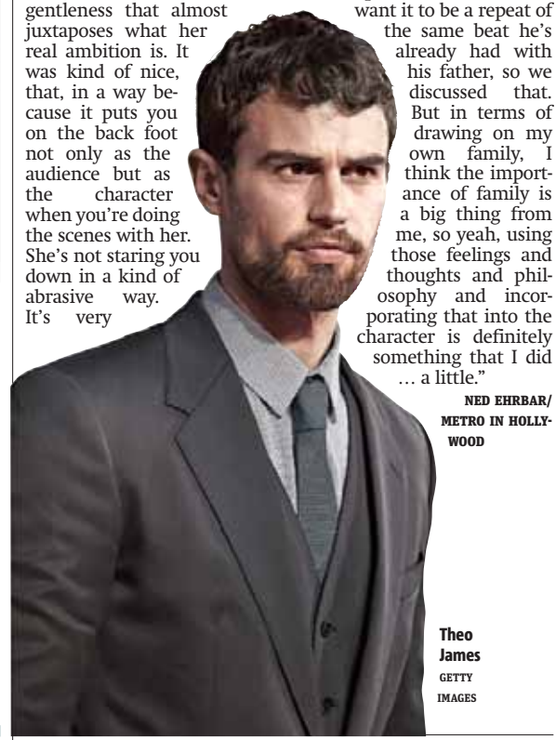
Theo James has faced a lot of acting challenges over the course of his career, but nothing comes close to what he had to contend with once Naomi Watts was cast as his mother in Insurgent, the followup to Divergent. And it's not just their 16-year age difference.

"Firstly — which is interesting because she's playing my mom — she's a bit of a babe. I had to get past that," James admits. "But no, she's really interesting in this film because she has a very different energy. She's very calculating, but at the same time she has a warmth and a kind of gentleness that almost juxtaposes what her real ambition is. It was kind of nice, that, in a way because it puts you on the back foot not only as the audience but as the character when you're doing the scenes with her. She's not staring you down in a kind of abrasive way. It's very loving and sweet but intense at the same time."

That estranged mother-son relationship echoes the troubled father-son relationship he played in the first film opposite Ray Stevenson. And James had absolutely zero life experience upon which to draw for either pairing.

"He has a not-great relationship with either of his parents, and luckily I have two good parents," he says. "That was one thing that was something that needed a little addressing when it came to the Naomi scenes. It is kind of the same, i.e., he's estranged from both parents. But I didn't want it to be a repeat of the same beat he's already had with his father, so we discussed that. But in terms of drawing on my own family, I think the importance of family is a big thing from me, so yeah, using those feelings and thoughts and philosophy and incorporating that into the character is definitely something that I did … a little."

NED EHRBAR/METRO IN HOLLYWOOD



Theo James GETTY IMAGES

Bill Nighy is excited for April in New York

Bill Nighy is a pretty busy guy. Between previews beginning Friday for Skylight, his Broadway revival co-starring Carey Mulligan, and The Second Best Exotic Marigold Hotel currently in theatres, the seasoned British actor has no time to stop and watch any of his own work. Which is just fine, because he'd do almost anything to avoid something so painful.

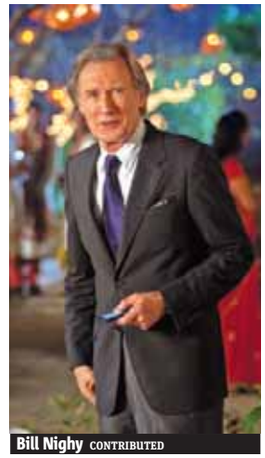
I suppose doing theatre is a handy way around that, as no one can ask you to watch the performance. What are you looking forward to most about returning to Broadway?

I look forward to the bit where we've opened, everything went OK, it's a Sunday late afternoon, it's coming on spring — so that would make it April, sometime — and I've got Sunday night and all day and night Monday off, and we have been deemed a worthy visitor. I'm walking hopefully toward a bookshop that's still opened where there's a coffee shop nearby, and I will wander through the park and feel like I've earned my place in the city. Or, you know, maybe driving to Brooklyn for dessert, which I did on many occasions last time I was in New York.

Any place in particular?

There's a place under the bridge on other side of the river, (The Brooklyn Ice Cream Factory). It's right under the bridge. I used to go there for ice cream as my reward for everything. That was after I'd made my M&Ms stop, because you have more colours of M&Ms than we have (in the U.K.), I think.

NED EHRBAR/METRO IN HOLLYWOOD



Bill Nighy CONTRIBUTED

Liquid Assets

Appreciating Guinness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sometimes you take a sip of something, most often when you're just exploring your palate preferences, and carry that experience with you for the rest of your life.

Ireland's Guinness is one of those somethings.

Polarizing to a fault, Guinness comes across black and brooding when you take your first sip. It's only after a few pints that you gain an appreciation for its creamy, dark brown goodness.

As the official tipple of St. Patrick's Day, gallons of the stuff with be drunk on March 17.

If you're still leery of all it has to offer, try the Guinness Pub Draught (4 x 440 ml, $11.99 - $12.75).

It uses a bladder system inside its bottles and cans to simulate a fresh-from-the-tap pour that I guarantee will erase any negative memories of your first time with the brew.

Shake things up by combining half a champagne flute of bubbly with an equal portion of Guinness to create a Black Velvet. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Bring the Spice Route to your kitchen

Dinner. This Chicken Tikka recipe was inspired by the staple flavours of India

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Want to delve a little deeper into exotic flavours? Add this takeout favourite to your to-make list.

This recipe serves eight. COURTESY RICARDOCUISINE.COM

Ingredients

Garam Masala
- 1 tsp green cardamom, opened (retain only the small beads inside)
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp black peppercorns
- 1 tsp whole cloves
- 1 cinnamon stick or 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Marinade
- 1/2 cup (125 ml) plain yogurt
- 1 onion, chopped
- 3 cloves garlic, crushed
- 2 tbsp garam masala
- 2 tbsp freshly squeezed lemon juice
- 1 tsp (5 ml) grated lemon zest
- 1 tbsp fresh ginger, grated
- 1 tsp salt
- 12 skinless and boneless chicken thighs or 6 skinless and boneless chicken breasts

You can also prepare the Chicken Tikka on skewers. To do this, cut the chicken into small pieces before marinating. Soak wooden skewers in water for 15 minutes before you thread the pieces of chicken. Grill or bake for about 10 minutes in the middle of a 400 F (200 C) oven.

Garam Masala

1. In a large skillet, toast the spices over high heat for 1 minute. Let cool, then finely grind with a mortar or a coffee grinder. Set aside.

Marinade

1. In a bowl, combine all the ingredients. Place the chicken in the marinade and coat well. Allow to marinate in the refrigerator for 5 hours.

2. Preheat grill to medium heat or the oven to 400 F (200 C).

3. Lightly score the skin of each piece of chicken with a sharp knife. Grill or bake in the middle of the oven for about 25 minutes, turning chicken occasionally, until cooked and lightly browned. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.**

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OHL

Bulls relocating to Hamilton

The Belleville Bulls will be moving to Steeltown later this year.

The Ontario Hockey League's Board of Governors approved the relocation of the franchise to Hamilton starting in the 2015-16 season, the OHL said Thursday in a release.

The board also approved the transfer of team ownership from Gord Simmonds to Michael Andlauer. The team will be renamed the Hamilton Bulldogs and play in the OHL's East Division out of FirstOntario Centre next season.

Hamilton will return to the OHL for the first time since the Dukes of Hamilton departed for Guelph in 1991.

The Bulls, meanwhile, have played in Belleville since 1981. Simmonds has owned the team since 2004.

THE CANADIAN PRESS

McDavid shifts focus to playoffs

Connor McDavid shrugged off an injury scare and the end of his 27-game point streak. His focus is already on the OHL playoffs.

McDavid took a puck to his right hand, the same one he broke in November, and was held scoreless Wednesday night in the Erie Otters' 3-0 victory over the Niagara IceDogs.

After icing his hand on the bench and not missing a shift, McDavid practised Thursday and described it as "a little sore, but all right."

The playoffs are two weeks away.

THE CANADIAN PRESS

NHL

The Canadiens' Dale Weise slides into Senators goalie Andrew Hammond on Thursday in Montreal. For the story, go to metronews.ca.

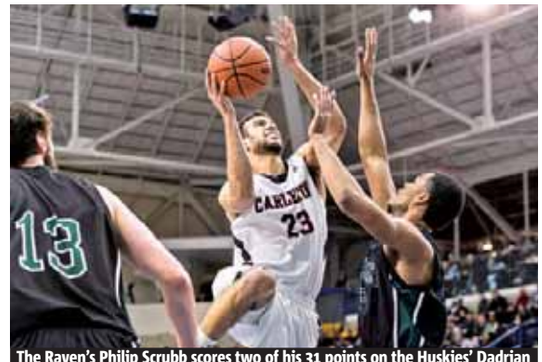
PAUL CHIASSON/THE CANADIAN PRESS

Saskatchewan Huskies Ben Baker, right, and Trevor Severinski, left, battle for a loose ball with the Carleton Ravens' Cameron Smythe in Toronto on Thursday.

CHRIS YOUNG/THE CANADIAN PRESS

Scrubbs lead Ravens to rout of Huskies

CIS Final 8. Brothers combine for 49 points without playing 4th Q as Carleton easily advances to semifinals



The Raven's Philip Scrubb scores two of his 31 points on the Huskies' Dadrian Collins. CHRIS YOUNG/THE CANADIAN PRESS

By halftime of Carleton's opening game of the CIS Final 8 on Thursday, brothers Philip and Thomas Scrubb had combined for 42 points.

Their opponents — the Saskatchewan Huskies — had managed just 18 points as a team over two quarters.

Philip Scrubb would finish the game with 31 points while Thomas added 18 as No. 1-ranked Carleton roared to a 90-50 blowout win over No. 8 Saskatchewan in Toronto. It was the Ravens' first step toward what they hope will be a fifth consecutive Canadian university men's basketball title.

The Ravens will face Victoria in Saturday's semifinals.

Philip, a fifth-year guard from Richmond, B.C., was seemingly unstoppable from the opening buzzer, shooting 10-for-15 from the field, including 6-for-8 from three-point range.

"I just felt pretty confident in my shot," he said. "I started hitting my shots early. If you're making them, you keep taking them.

"That's not something we're going to rely on for any game. We like to stick to our defensive fundamentals. Obviously, it went well today. But we can't expect something like that from any guy on any given night."

The Ravens, who have won 10 of the past 12 CIS titles, raced out to a 28-10 first-quarter lead and were up 48-18 at the half.

Carleton took a 72-39 advantage into a fourth quarter in which neither Scrubb brother played.

"It's definitely a tough situation to be in," said Ben Baker, who scored 11 points for the Huskies. "They just have so many ways that they can hurt you. You kind of start to focus in on one area and then they start hurting you in another ... that's the way they are built, they are not built on one or two guys, that's a whole team.

"As soon as you start giving a little leeway in one direction, they kind of burn you the other way."

Carleton went 17-2 in the CIS regular-season. Matthew Forbes scored 14 points to lead the Huskies, who won the national tournament in 2010.

THE CANADIAN PRESS

Quarter-final matchups

- Grant Sitton scored 19 points and Chris McLaughlin knocked down two free throws with six seconds left to lead the fourth-seeded Victoria Vikes over No. 5 Dalhousie 57-56.
- The seventh-seeded Ryerson Rams upended No. 2 Windsor Lancers 82-68.
- Third-ranked Ottawa was to face No. 6 Bishop's later Thursday. For the result, go to metronews.ca.

4 SPORTS

The Canadian Blue Jays

The Blue Jays have five Canadian-born players in training camp, the most in recent memory. Here's an update of the Canadians in camp after nine games.

TORSTAR NEWS SERVICE

Photos: Saunders, Pompey — Getty Images; Martin, Albers — The Canadian Press; Francis — Torstar News Service

Michael Saunders

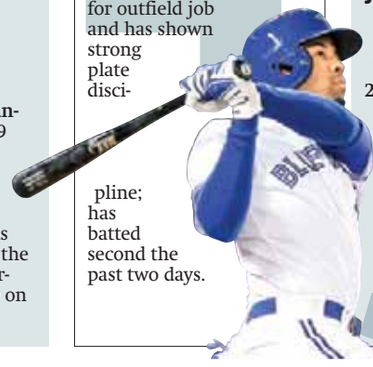
Age: 28
Number: 21
Bats/Throws: Switch/Right
2014 stats (Seattle): .273, 8 HR, 34 RBI (78 games)
Skinny: Recovering from freak knee injury in first week of camp but hopeful to be back on field this week, ahead of expectations.

Russell Martin

Number: 55
Age: 32
Bats/Throws: Right/Right
2014 stats: .290, 11 HR, 67 RBI
Skinny: Work in progress catching knuckleballer R.A. Dickey, but had an excellent first outing with Marcus Stroman on Monday.

Andrew Albers

Number: 67
Age: 29
Throws: Left
2014 stats (Hanwha, Korean Baseball Organization): 6-13, 5.89
Skinny: Two decent outings so far, but not an overpowering thrower. Was reassigned to the team's minor-league camp on Thursday.



Dalton Pompey

Number: 45
Age: 22
Bats/Throws: Switch/Right
2014 stats: .231, 1 HR, 4 RBI (17 games)
Skinny: Competing for outfield job and has shown strong plate discipline; has batted second the past two days.

Jeff Francis

Number: 35
Age: 34
Throws: Left
2014 stats (Reds, A's, Yankees): 1-2, 5.85
Skinny: Obvious veteran poise and presence; long-shot for pen job, solid depth guy out of Buffalo if he doesn't make opening roster.

Spring training

Rays rock Estrada for seven runs

Tampa Bay opening-day starter Alex Cobb had a tough outing, but the Rays had their best offensive showing of spring training Thursday in a 10-3 victory over the Toronto Blue Jays.

Steve Souza Jr. and Logan Forsythe homered during an eight-run fifth inning for the Rays, who trailed 3-0 and had not scored more than five runs in a game until breaking through against right-hander Marco Estrada.

Blue Jays starter Mark Buerhle was impressive, allowing two hits and striking out two in 3-1/3 scoreless innings in his second spring appearance. Estrada yielded seven runs and seven hits in two-thirds of an inning, including Souza's solo homer.

Cobb, meanwhile, failed to get through three innings, giving up three runs in 2-1/3 innings.

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Tennis

Williams to end Paribas boycott

Serena Williams has returned to the BNP Paribas Open, ending a 14-year personal boycott of the $5 million tournament that began when she was booed as a teenager on her way to winning the title in 2001. The 19-time major champion says she never thought she would return to the two-week tournament in the Southern California desert. However, she says she eventually decided "it was really good timing for me."

THE ASSOCIATED PRESS

Soccer

Zimbabwe thrown out of World Cup

Zimbabwe's football federation said it will appeal after the country was thrown out of 2018 World Cup qualifying on Thursday for failing to pay its former national coach. FIFA's disciplinary committee said it took the action "as a result of the non-payment of an outstanding debt" by Zimbabwe to coach Jose Claudinei Georgini, who left the job in 2008.

THE ASSOCIATED PRESS

MLB. Funnyman Ferrell's five-game charity tour

Telling everyone "I'm a five-tool guy," Will Ferrell was off on his barnstorming tour Thursday through five Arizona spring training games.

Wearing No. 19, first for Oakland and then for visiting Seattle, the star of Anchorman and Elf and many other movies played shortstop for the Athletics in the top of the first inning, then second base for the Mariners in the top of the second. He was enthusiastic, but alas, no ball was hit to him.

As he left, he gave a fan in an elf costume a long hug, then was off with a police escort, lights flashing, to a waiting helicopter and a flight to stop No. 2 in Tempe, where the Chicago Cubs were facing the team he rooted for growing up, the Los Angeles Angels. The comedian planned to play for 10 teams at five spring training games, playing every position along the way. Before his odyssey began, he told a radio interviewer that he expected to raise $1 million to be used for college scholarships for cancer survivors. The entire blitz was being chronicled by HBO for an upcoming special.

And Ferrell had his usual (false) bravado on display. In the A's clubhouse before the game, he told shortstop Marcus Semien, "I could catch fire today and you could be on a bus back to Triple-A." In his interview on MLB radio, he said "I'm actually hoping that my acting career is over after today."

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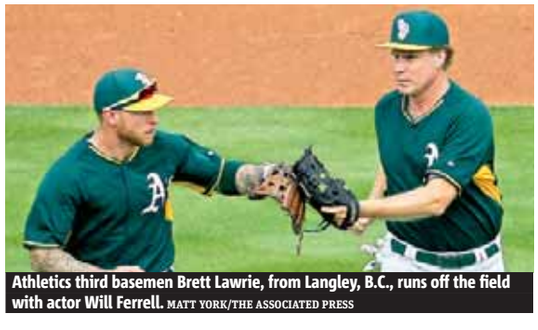


Athletics third basemen Brett Lawrie, from Langley, B.C., runs off the field with actor Will Ferrell. MATT YORK/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The universe is pointing you in a particular direction and if you are smart you will go that way. Being an Aries you are as likely to go in the opposite direction just to be different.

♉ Taurus
April 21 - May 21
What you expect to happen today and over the weekend likely won't, while what you don't expect to happen likely will. So, don't make plans.

♊ Gemini
May 22 - June 21
Mercury, planet of the mind, moves into the career area of your chart today and that means the more you think ahead the more success you will enjoy later in the year.

♋ Cancer
June 22 - July 23
You have strong opinions about certain issues and today's events will confirm they are spot on. But don't use that as an excuse not to look at new ideas, because life never stands still.

♌ Leo
July 24 - Aug. 23
Flattery will get you everywhere today. You know the right thing to say to influence people in positions of power.

♍ Virgo
Aug. 24 - Sept. 23
What you say next is not as important as the way you say it. You may intend your remarks to be helpful but if your words are harsh others may think you are being critical for no reason.

♎ Libra
Sept. 24 - Oct. 23
Common sense should tell you that certain methods are not working as well as they should and what happens over the next few days will confirm that.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury moves into the most dynamic area of your chart today, making it easy for you to make changes you want to make, as opposed to changes that others want you to make.

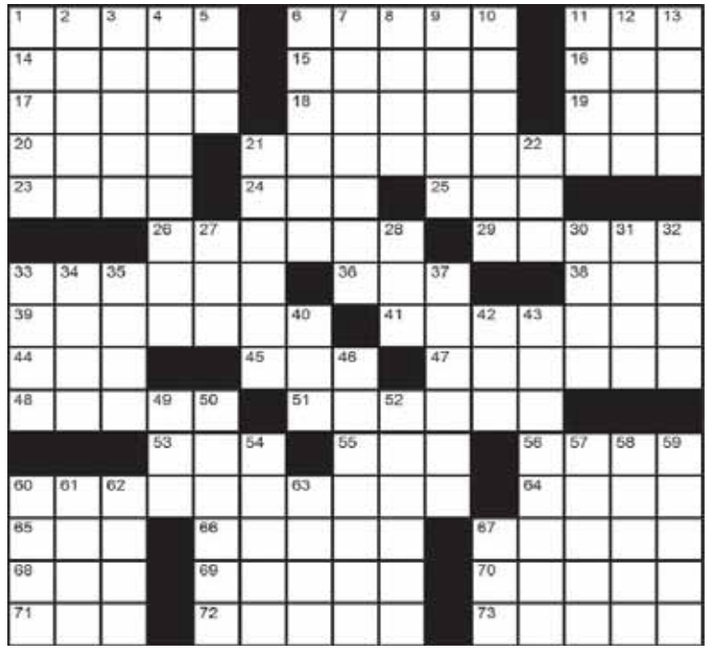
♐ Sagittarius
Nov. 23 - Dec. 21
What you choose to do today may annoy some but don't let that stop you. You have done plenty of things to please them in the past and now you will do something to please yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Others may be impressed by your self-confidence. What they don't know is that it's an act and you don't feel that confident. Mercury's change of signs today will give your self-belief a boost.

♒ Aquarius
Jan. 21 - Feb. 19
Happiness comes from wanting what you have, not having what you want. You have more than enough to satisfy your basic needs. Be thankful.

♓ Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it so much easier to decide what it is you want and what you are willing to do to get it.

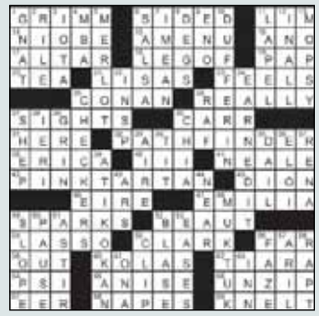
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. What the symbol # means in music
6. Grate
11. Shortened alias signifier
14. "Madagascar" (2005) creature
15. Surface-__-__ missile
16. Teacup part
17. Winged
18. "There is _ __ in the affairs of men." - Shakespeare
19. Lamb's mommy
20. Accompanying
21. Written by #4-Down, this number one hit song of 1940 is famously sung by #41-Across: "I'll Never __ __"
23. Gardening supply
24. Full amt.
25. Pre-Ford President's monogram
26. Musical compositions
29. Apartment
33. Released the lava!
36. Rich money amt.
38. Hide Hair link
39. "Bye!" in Britain
41. Legendary singer Frank
44. Poet's 'throughout'
45. Little __ _ lot
47. Forbids
48. "It takes __ __ tango."
51. Nova Scotia's provincial bird
53. Fountain's filling
55. Behold
56. Book leaf side
60. Nickname for #41-Across: 3 wds.
64. Approximate calculation
65. Campaigner, e.g.
66. Growl
67. Clicked-on computer thingies
68. Candle-blower's number
69. Hawk's habitation, variantly
70. Wooden shoe
71. Volume selection
72. Soup alternative
73. Supplications

Down
1. Deli side orders
2. Prefix meaning 'Sun'
3. Violin of Cremona in Italy
4. Trailblazing Canadian songwriter (More at #21-Across and #10-Down!): 2 wds.
5. Before
6. John of "Full House"
7. Product flying off store shelves: 2 wds.
8. Racetrack fence
9. Canada's largest duck
10. Song by #4-Down (co-written with Paul Mann and Stephan Weiss) that #41-Across recorded and which was played at his funeral: "Put Your __ Away (For Another Day)"
11. Region
12. Fuzzy on the outside/Green on the inside fruit
13. "Indeed!"
21. Rehearsal spot
22. Antelope with ox-like horns
27. For every
28. Fam. member
30. Go __ detail
31. Ripped
32. Chapters in history
33. Glaswegian
34. "I'm bushed!"
35. Architect Mr. Saarinen
37. Books: French
40. Gold, in Spain
42. Before-a-maiden-name word
43. Not-of-the-average
46. Ancient empire of Mesopotamia
49. Poetry contraction
50. Crosses to bear
52. Did potato work
54. Country in Africa
57. Sun-dried brick
58. Setting of CBS soap "The Young and the Restless", __ City
59. Wests opposites
60. Iridescent gem
61. Company symbol
62. Gusted
63. British peer
67. Web connector, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

8	2	9	4	6	5	7	1	3
6	3	7	9	1	8	4	5	2
4	5	1	7	2	3	9	8	6
3	4	5	6	7	9	1	2	8
1	7	6	3	8	2	5	4	9
2	9	8	5	4	1	3	6	7
7	8	3	2	5	4	6	9	1
9	1	4	8	3	6	2	7	5
5	6	2	1	9	7	8	3	4

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